

Certificate in Breath Awareness

Breathwork Trainings Level 1 – 2017 Course Outline

WHY BREATHWORK?

Breathwork trainings are for you if you want to...

- find balance in yourself, *and* in your life
- learn how to maintain optimal emotional, physical, psychological and spiritual health

It may be that you are in a state of malaise and need to find a sustainable way of managing

- stress
- emotions
- depression
- anxiety
- relationships, and
- the occasional crisis

From a professional point of view Level 1 trainings will

- enhance your professional skills through developing the ability to maintain greater presence and skill in relating
- allow you to experience a holistic approach to health and well being
- develop skills to avoid burnout as well as an enhancement to the skills you already have

What you will gain

- Profound transformation
- Experiential knowledge of the power of Conscious Connected Breathing
- Foundation for Breathwork Practitioner Training
(Level 1 is a pre-requisite to Level 2 Breathwork Practitioner training).

PRE-REQUISITES

Level 1 – At least 1 x 2hr Breathwork consultation

Level 2 – Completion of Level 1

PROGRAMME DELIVERY SCHEDULE

Dates	2017	
From mid July on ..	Intro Webinar 1	Foundations in breath awareness intention mindfulness acceptance and compassion
3 Sept	Webinar 2	History and Practice of Breathwork
16-17 Sept.	Weekend 1	Millthorpe Residential/non residential – depending on where you live Experiential – 2 sits & 2 breathes
14-22 Oct	9 Day residential	Central West NSW – venue to be announce Experiential – minimum 7 sits & 7 breathes
18-19Nov	Weekend 2 - Final	Millthorpe Residential/non residential – depending on where you live Experiential – 1 sit & 1 breathe

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INDIVIDUAL PARTICIPATION REQUIREMENTS

Within training groups

Willingness to

- take personal responsibility and communicate any individual concern or upset
- co-create an environment of care, safety and confidentiality

For the duration of the training

Willingness to ...

- Practice Conscious Connected Breathing between face to face meeting; and keep log of experience. [The course is a training in developing greater self awareness and this is an essential part]
- Practice awareness of the variation in breathing in everyday situation – in self and other, and keep log.
- View of listen to recommended videos or audio files that contextualise the experiential Breathwork process

SUPPORT

By trainer

- Unlimited phone support of max. 30mins per call
- Individual session at 30% discount

By peer

- After the 10 day retreat you may like to swap sessions with fellow participants. This is a great way of supporting yourself as well as learning more about this extraordinary modality.

COST

Level 1 Course tuition fee \$2600

Additional cost for accommodation & meals – to be finalised.

I recommend you budget a minimum of \$1200

HOW TO ENROL

1. Fill in Breathwork Trainings Central West enrolment form, which can be found at breathworktrainings.com and send to office@breathworktrainings.com
2. You will be sent an invoice
3. You can pay the full course fee immediately or in 2 instalments of \$1300 each. The first instalment is due before the commencement of the course. The second instalment is due before the commencement of the 9 day residential retreat