Course Outline

2018 Central West Campus

Vocational Education & Inspiration

*Breath & Mindfulness* ... *invites us to become skilful in expanding the field of our awareness to include the entirety of our experience, starting very close to home, with our own body and our own breathing, then moving out from there as the heart grows larger and more loving, the body more peaceful and alive ...*” Jon Kabat-Zinn
The experience of Breathwork – both as the breather and the sitter is the key to developing professional expertise as a Breathwork practitioner. Learning about Breathwork is in no way a preparation for competence.

The following is the course outline as delivered by Ann Harrison in Central West NSW.

**LEVEL 1** – focus on personal development
2 X 7 days

**LEVEL 2** – focus on Breathwork practitioner training
4 x 7 days

**YEAR 1**

**LEVEL 1 – focus on personal development**

1.1 **Separate from source – return to wholeness**  5 sits | 5 breathes
Paradigms of wholeness
AH model – basis of shame and all compulsive addictive behaviour
Personal Lie
Core beliefs
Family: parents, siblings, money, work
Mind power
Affirmations with clearing
Truth tracking
Completion letter
Law of attraction – what you think is what you get | what you believe is what you see
Intention

Online delivery
History of Breathwork
Modern context of Breathwork
Breathwork styles
What is breathwork

1.2 **Real Creativity**
Awareness
Responsibility/Creativity /
Denial
Self pity
Anger
Withdrawal
aspects of a shame based life
Communication
Future Key

**Competence after Level 1 – to sit for other students under supervision**
YEAR 2

LEVEL 2

2.1 Psychotherapy and spirituality  5 sits | 5 breathes
models of consciousness
shame
boundaries
presence
compassion / self compassion
working with clients
   client history
   clarifying issues
Intuition
Presence
Online delivery
Breathwork in a wider therapeutic context
Psychological schools
Spiritual philosophies – Buddhism, Shaivism, Taoism, Sufism, shamanism, Systems theory,

2.2 Body Mind Connection  5 sits | 5 breathes
Feldenkais
mechanics of breathing
contraindication to Breathwork
therapeutic touch
points to balance energy
music & movement
focused attention
meditation
energy

Competence after year 2 – work with general public under supervision

YEAR 3

The content of Module 2.3 is as follows, but the emphasis will depend on trainer, either Ann Harrison or Robyn Fernance

2.3a Neuroscience, trauma, mindfulness & Breathwork  5 sits | 5 breathes
Addiction
Trauma research
Meditation research
Breathwork as an embodied meditation for both client and practitioner
Discussion of working with clients under supervision

2.3b Birth, Life and Death
Birth script
Beginning and endings
Soul Retrieval
Death

2.4 Professionalism  5 sits | 5 breathes
Australian Breathwork Association Guidelines – ethics, supervision
legal and ethical guidelines
setting up a practice
clarifying professional expectations
marketing
insurance
record keeping
referral
cultural and social sensitivity

Competence after year 3 – work as a professional Breathwork practitioner
Eligible for membership of the Australia Breathwork Association