

Breathwork Trainings

Student Prospectus

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

BREATHWORK TRAININGS STUDENT PROSPECTUS

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What is Breathwork?

Breathwork is a safe, effective breath-based modality for personal well-being and transformation. It is a simple yet profound psychotherapeutic process that offers something unique and exciting in the field of holistic health.

Breathwork effectively meets needs in a society where there is an ever-increasing incidence of stress, depression and other allied health problems.

Breathwork, which includes conscious connected breathing, counselling, mindfulness, intention and deep relaxation, allows you to access and resolve a wide range of physical, emotional, mental and spiritual issues.

As you study to become a Breathwork practitioner and/or a group facilitator you will develop greater self-awareness and self-esteem, learn to facilitate your own transformational journey, and gain valuable life skills enabling you to create the life of your choice.

Breathwork Trainings

Breathwork training helps you to:

- Enhance your existing life skills and actualise your personal potential
- Increase your existing professional skills in allied health care

Qualify professionally in the field of Breathwork

Our personal development program supports you to:

- Increase your level of self awareness and intuitive knowing
- Learn to be present to yourself and others
- Develop listening and support skills that will enhance all your relationships

Realise optimal emotional, physical, mental and spiritual wellbeing

Professional skills for allied health practitioners:

- Breathwork compliments and enhances many other modalities, such as:

Massage	Acupuncture	Reiki
Kinesiology	NLP	Pranic Healing
Herbal Medicine	Reichian Bodywork	Transference
Naturopathy	Allopathic	Healing
Chiropractic	Psychotherapy	Yoga
Homoeopathy	Osteopathic	Sandplay

Professional recognition as a Breathwork practitioner:

As you study to become a professional Breathwork practitioner you will embark on your own personal healing journey. At the same time, you will develop the professional skills necessary to support others in their own quest for well-being.

Level 1 of the training is primarily concerned with your own transformational journey and the acquisition of useful and effective life-skills for your personal use.

Level 2 - Breathwork Practitioner is focused on your professional training and the development of competencies necessary for consulting with others on a one-to-one basis.

Level 3 of the training prepares you to work with a larger audience, teaching you skills in group dynamics, public speaking and group facilitation.

Level 4 is the training of a Breathwork trainer.

These trainings are endorsed by the Australian Breathwork Association.

Benefits to you

- Flexibility of learning – for your career pathway, continuing professional education, and on-going personal development

Connection with a national and international Breathwork community

- Eligibility of graduates for membership with the Australian Breathwork Association
- Access to professional indemnity insurance

Collegial and peer support from fellow students and trainers

Breathwork Trainings aims for excellence and endeavours at all times to deliver its courses with the highest integrity and in a manner most suited to the needs of its students.

Training Courses

Certificate in Breath Awareness Personal transformation through the experience of the power of Breathwork	10 sats 10 breathes
Certificate in Breathwork Practitioner Learning how to professionally support others in an individual Breathwork session A practicum of client consultations to support the student to transition to an independent Breathwork practitioner.	10 sats 10 breathes 10 collegial swaps 20 client consultations under supervision
Diploma of Breathwork Group Facilitator Learning how to facilitate Breathwork groups	Conducting 20 group breathes
Diploma of Breathwork Trainer Breathwork Trainer Training	Conducting 20 group breathes Continuing collegial swaps Mentored delivery of Levels 1 & 2

It should be noted that:

- BT practitioner training comprises Level 1 & 2 i.e 450hrs
- BT training as a Breathwork trainer comprises BT level 3 & 4 i.e. the delivery of a practitioner training under supervision

Level 1 – Certificate in Breath Awareness

Focus: Personal transformation through the experience of the power of Breathwork

BW0011 Breathwork Theory (50hrs)

Focus: on understanding and communicating the theory, history and metaphysical foundations of Breathwork

- teaching theory through observation, research and assignments,
- face to face and/or online delivery, and
- debriefing of breathwork sessions.

BW0012 Personal Breathwork Experience (50hrs – 10 breathes)

Focus: on personal Breathwork experience to deepen understanding of the Breathwork process and in preparation for working with self and others

- gaining experience of Breathwork as a process,
- learning to identify anatomical and physical changes,
- individual functioning within a Breathwork session, and
- self-evaluation of learning and performance.

BW0013 Facilitating Breathing Cycles (50hrs – 10 sits)

Focus: on the practical application of knowledge to self and others during breathing cycles

- facilitating Breathing cycles using recognised approaches and techniques,
- being present and acting appropriately,
- giving guidance when required, and
- working within an ethical framework

Success in acquiring the competencies described in these units will result in the student being awarded Breathwork Trainings Level 1 – Certificate in Breath Awareness.

A graduate of the Level 1 training has undertaken a significant amount of inner work. They are able to take personal responsibility and assist a breathwork trainer in a group Breathwork situation, without going into personal process.

Level 2 – Certificate in Breathwork Practitioner

Focus: Learning how to professionally support a client during a Breathwork consultation onsite or professionally support a Breathwork client in practicum.

BW0021 Breathwork Theory

Topics:

- philosophical and metaphysical foundations of Breathwork,
- communication of principles and practices of Breathwork
 - Response to Breathwork enquiries
- ethical and regulatory guidelines

BW0022 Personal Breathwork Experience

Experiential knowledge and skills gained through:

- extensive personal experience of a range of Breathwork styles
- personal transformational experiences during Breathwork
- application of holistic self-awareness to Breathwork practices
- application of knowledge gained by personal Breathwork experiences when working with clients

BW0023 Professional Breathwork Practice – Assessing Client Needs and Conducting Breathwork Consultations

Competencies include:

- Assessing clients' needs in Breathwork consultations by
 - Using a variety of theoretical models to inform Breathwork assessments
 - Determining the scope of the assessment and the client's needs
 - Obtaining and recording an accurate history of the client
 - Analysing and interpreting information received
 - Keeping the client Informed during the assessment
- Application of Breathwork consultation procedure
- Facilitating and guiding clients in Breathwork consultations
- Following hygiene and self-care procedures in relation to Breathwork
- Reviewing Breathwork consultations with client

Additional topics covered include business, communication, counselling, self-care, complementary and mainstream mental health and wellbeing modalities, psychological approaches

Success in acquiring the competencies described in these units will result in the student being awarded Breathwork Trainings Level 2 - Certificate in Breathwork Practitioner.

The BT student who has completed Levels 1 and 2 will have fulfilled the Australian Breathwork Association (ABA) standards for Breathwork practitioner and will be eligible for professional membership of the association.

Level 3 – Diploma of Group Facilitator

BT Level 3 – Breathwork Group Facilitator Training includes:

3.1 Group Breathwork Theory

- Group Composition
- Types of Breathwork group sessions
- Group Facilitator and assistant ratios
- Group Facilitator and assistant roles and expectations
- Group Dynamics

3.2 Pedagogy – Theory of Teaching and Learning

- Teaching conscious connected breathing to a group
- Educational psychology
- Music and group Breathwork

3.3 Aspects of Communication

- Principles of effective communication
 - Active listening
 - Appropriate
 - language
 - communication aids
 - modes of communication
 - demeanour and body language
 - tone and presentation
 - Observation
 - Questioning, clarifying, advising
 - Providing appropriate and accurate information
 - Honesty and integrity
 - Awareness of group energy and how to work with it
- Awareness of cultural and social differences
 - Religious background
 - Racial background
 - Gender
 - Age
 - Dis/ability
 - Family or social factors

3.4 Facilitation of Group Conscious Connected Breathing Cycles

Supervised by Breathwork Trainer 5 assisted | 5 solo

Concurrently included is the following from the Australian Breathwork Association Curriculum guidelines: capacity for self-care - personal and professional; group Breathwork marketing and promotion; professionalism and leadership – focus for a Breathwork group facilitator for the general public and for participants.

Course Delivery

BT offers students a variety of flexible delivery methods including:

- Experiential workshops
- Classroom and/or online learning
- Guided self study and practice

The programmes may be residential [at additional cost] or non residential.

The Central West Campus based in Millthorpe delivers training in 8 day blocks – Saturday to Saturday and necessitates students finding accommodation close by.

The Hunter Region Campus delivers trainings over a series of weekends.

BT Faculty

You will be studying with a team of nationally and internationally recognised Breathwork trainers who have been passionately committed to the professional development of Breathwork for more than 30 years. Our trainers draw on a broad background of experience and perspectives.

Directors and Trainers



Ann Harrison
M.A., B.A. (Hon), Dip. Ed

Ann is a leader in educational innovation and has developed contemporary paradigms of understanding based on timeless Eastern philosophies. For over 30 years she has worked with others, guiding them in expanding their knowledge of themselves and life, through both individual consultations and group trainings.



Robyn Fernance
B.A., Dip. Ed

Robyn is a metaphysician, educator and author of the much-acclaimed book 'Being Born', translated internationally. Robyn is a leading authority on birth memory and its effect on learning and performance. She, too, is a leader in the field with over 30 years experience, and is a highly respected Breathwork practitioner and trainer.

Time and Location of Courses

BT trainings dates and locations can be found at www.breathworktrainings.com

Assurance of Quality Standards – Endorsement

The courses that Breathwork Trainings offer were formerly Australian government accredited through ASQA, and are currently endorsed by the Australian Breathwork Association. This means that a graduate will be eligible for membership of this professional association.

Enrolment

Suitable applicants need to demonstrate:

- A strong commitment to their own self-development
- Respect and consideration towards others
- Maturity in accepting feedback and handling personal emotional issues
- Willingness to accept guidance

The ability to be physically, emotionally and intellectually capable of conducting Breathwork consultations.

Recognition of Prior Learning

What is it?

RPL recognises what you have already learned from other courses, from life experience, from work experience and from any training provided at work, and measures this against the course you are doing or want to do.

If what you have learned at work or elsewhere is relevant to BT courses, you may not have to do those parts of the course again.

Why apply for RPL?

It is important to apply for RPL if you think you already have experience that might be relevant to your course. The advantages of applying for RPL are:

You can determine whether your experience is similar to that required by the course.

- If you have already achieved some of the learning outcomes of the course, you might not have to do those sections of the course again. This could mean finishing your course much earlier, or not having such a heavy course load.
- RPL means that you only need to study subjects which are new and challenging. You do not have to study in areas where you have already gained skills and knowledge.
- RPL recognises that you are entering a course with already acquired skills; that you are no longer a beginner in your field.

RPL is most relevant to those who have previously done Breathwork trainings that were not endorsed by the Australian Breathwork Association.

How it works - What happens?

If you decide to apply for RPL you will be asked to enrol and pay an application fee. You will be asked to give details of your relevant experience, skills and knowledge.

An RPL assessor will help you identify what evidence you need to provide for a successful application. When you feel you have gathered together sufficient evidence, the RPL assessor will arrange a formal interview with you.

At the interview, the assessor will examine your documented evidence and ask you questions to determine whether you are eligible for recognition of prior learning. After the interview, you will be notified of the RPL decision. If your application is successful, you will not be required to do certain parts of the course program.

If your application is unsuccessful, you can appeal against the decision if you believe it was unfair.

If you think you might be eligible for RPL, you should:

1. Obtain an enrolment form from the BT office.
2. Discuss your situation with the course trainer and/or assessor.

Fees

Course Fees

Diploma of Breathwork

Full price \$15,600 900hrs

Level 1 - Certificate in Breath Awareness	150hrs	\$2,600
Level 2 - Certificate in Breathwork Practitioner	300hrs	\$5,200
Level 3 - Diploma of Breathwork Group Facilitator	150 hrs	\$2,600
Level 4 - Diploma of Breathwork Trainer	300hrs	\$5,200

** Fee covers all modules included in courses

🌟 NB: residential courses will include an additional fee for accommodation and meals

Fee Payment and Refund Policy

Payment

To secure a place in a particular course, successful applicants must pay a minimum of 10% non-refundable deposit of the full course fee no less than 2 weeks prior to the commencement of their chosen course.

Refund

A fee refund, less the non-refundable deposit, will only be given if a student cancels before the commencement of the course.

Once the course has commenced no money paid is refundable.

Course Cancellation

In the event of insufficient enrolments BT reserves the right to cancel or postpone any course up to 7 days prior to the commencement of the course

In such cases the students will be informed in writing that their fees will be credited towards the next scheduled course, or refunded in full, according to their preference.

In the unlikely event of course cancellation by Breathwork Trainings full fee refund including the deposit will be made to clients.

Enrolment Procedure

Go to the Breathwork Trainings website www.breathworktrainings.com and download the enrolment form relevant to your course of study – either with Ann Harrison at the central West campus or Robyn Fernance at the Hunter Region Campus.

You can make payments in the following ways:

- i. Internet bank transfer of funds or
- ii. PayPal

Once having paid your deposit and secured your place, you have 2 choices:

- i. Full payment of fees *or*
- ii. Staged payments, according to the fee payment schedule

STEP 1 – Deposit to secure place

- Complete enrolment form
 Payment of a deposit
- Date of Payment.....

STEP 2 – Choice of payment frequency

- Payment in full prior to commencement of course
 Staged payments

STEP 3 – If full payment

- Receipt and student number obtained from BT office

OR

STEP 4 – If staged payments

- Record each payment on Payment Form by student
 Receipt of each payment received from BT office

Breathwork Trainings Details

Inquiries Central West Campus	Inquiries Hunter Region Campus
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Postal Address PO Box 248 Millthorpe, NSW 2798 Australia	Postal Address and Venue 112 Fassifern Rd Blackalls Park NSW 2283
Venue – Millthorpe Meditation Centre 58 Victoria St Millthorpe, NSW 2798	

Website www.breathworktrainings.com

