

Breathwork Trainings

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2020 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

BREATHWORK TRAININGS COURSE OUTLINE

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 as a Breathwork practitioner. It is the experience of Breathwork that transforms us, and prepares us in turn to facilitate others to transform themselves

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

LEVEL 1 – focus on personal development
2 X 8 days

LEVEL 2 – focus on Breathwork practitioner training
4 x 8 days

Student Practicum

YEAR 1 – FOCUS ON PERSONAL DEVELOPMENT

1.1 Separation from source – return to wholeness 5 sits | 5 breathes |2 group breathes

The purpose of this module is to create a foundation - a way of viewing the world and understanding of yourself and your relationship with others. It introduces simple mindpower techniques design to uncover limiting and destructive thoughts and change them

- 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 Resources

History of Breathwork

Breathwork in its modern context

What is breathwork

Breathwork styles

YouTube playlist developed by Ann H

1.2 Real Creativity 5 sits | 5 breathes |2 group breathes

- 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 – FOCUS ON BREATHWORK PRACTITIONER TRAINING

LEVEL 2

2.1 Psychotherapy and spirituality 5 sits | 5 breathes | 2 group breathes

- models of consciousness
shame
- boundaries
- presence
- compassion / self
compassion working with clients
 - client history
 - clarifying issues
- Intuition
- Presence

Online resources

Breathwork in a wider therapeutic context

Psychological schools

Spiritual philosophies – Buddhism, Shaivism, Taoism, Sufism, shamanism, Systems theory,
YouTube playlist developed by Ann H

2.2 Body Mind Connection 5 sits | 5 breathes | 2 group 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. Undertake Student Practicum

YEAR 3 – FOCUS ON BREATHWORK PRACTITIONER TRAINING

2.3a Neuroscience, trauma, mindfulness & Breathwork 5 sits | 5 breathes | 2 group breathes

- Trauma & Addiction
- Birth, life, death
- research
Meditation
- Breathwork as an embodied meditation for both client and practitioner
- Discussion of working with clients under supervision

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**