

bt BREATHWORK TRAININGS

PURPOSE:

- to understand, address and begin to heal limiting/destructive behaviour patterns and thoughts
- to acquire a map of the human journey and the skills to navigate events and situations successfully
- to achieve the ability to remain dispassionate and compassion with self and others

LEVEL 1 Breath Awareness training focuses on personal development and is a pre-requisite for further training as a Breathwork Practitioner

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

Paradigms of wholeness

AH model – basis of shame and all compulsive addictive behaviour

False beliefs about self, others and life: Personal Lie, Core beliefs around family: parents, siblings; relationships, money, work etc

Mind power techniques – using the mind to master the mind

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 5 sits | 5 breathes

Responsibility/Creativity

Basis of sense of powerlessness: denial, self pity, anger

Withdrawal: aspects of a shame based life

Self empowerment

Communication

Future Key

Concurrently included are following topics from the Australian Breathwork Association Curriculum guidelines: Capacity for self care - personal and professional; openheartedness & compassion; clarity of intention; presence; awareness; self esteem; self compassion; responsibility & self responsibility

Please note that this is the Level 1 programme for the Breathwork Trainings Central West Campus with trainer Ann Harrison. The venue is the Millthorpe Meditation Centre