

We encourage you to sit comfortably, take a deep breath and see, hear, feel where your soul wants and where you want to be in 2022.

**LEVEL 1 BREATH AWARENESS – Sharon Abbott, Trainer**

Contact phone: 0688-068-072 Email: [BreatheGrace@outlook.com](mailto:BreatheGrace@outlook.com)

Tuition Fee: \$2900

This course with Sharon is a training for her to qualify as a group facilitator i.e. Level 3. She will be working under the direct guidance of Ann Harrison, who will be in the room all the time for the first part of the course, and will at times be presenting fundamentals. Ann will be irregularly in the second part of the course, but always nearby, with Sharon having discussed her presentation in depth with Ann before she facilitates the group.

**Level 1** focuses on personal transformation through the experience of the power of the Breath. During this course you will take a deep dive into your relationship with yourself and others through 12 days of Breathwork training.

Module 1 – Brilliance of Breathwork Foundation

Module 2 – Body, mind, breath and spirit. Supporting yourself and others

Module 3 – Impact of perinatal experience on personality

Module 4 – Family of origin, belief structures and conscious relating

Module 5 - Nature of change and transformation

Module 6 – Boundaries, integrity and ethics

BT Level 1 – Certificate in Breath Awareness (150 hrs) is a stand-alone course and is also the prerequisite to BT Level 2 – Certificate in Breathwork Practitioner (300 hrs). That is, BT practitioner training comprises both Level 1 & 2 i.e. 450 hrs.

**Part 1 Dates:**

6/17 April & 30 April/1 May

14/15 & 28/29 May

**Part 2 Dates:**

10/11 & 24/25 September

8/9 & 29/30 October

**8 DAY RETREATS WITH ANN HARRISON, TRAINER**

Contact phone: 0403-823-636 Email: [office@breathworktrainings.com.au](mailto:office@breathworktrainings.com.au)

Fee: \$1450 per retreat. [there are 4 retreats in Level 2, which lead to a Breathwork practitioner qualification. Continuing students remain at the fee with which they started]

**LEVEL 2.1 PSYCHOTHERAPY AND SPIRITUALITY: Dates 2-9 April**

**LEVEL 2.2 BODYMIND – Dates: 15-22 October**