

BREATHWORK TRAININGS

LEVEL 1 of BREATHWORK PRACTITIONER TRAINING includes:

LEVEL 1 – focus on personal development, as a pre-requisite for further training as a Breathwork Practitioner

1.1 Separate from source – return to wholeness – 5 sats | 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

Concurrently included of the following 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