

# 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

## TABLE OF CONTENTS

<b>WHAT IS BREATHWORK?</b>	<b>2</b>
<b>BREATHWORK TRAINING</b>	<b>2</b>
<b>BENEFITS TO YOU</b>	<b>3</b>
<b>TRAINING COURSES</b>	<b>3</b>
LEVEL 1 – CERTIFICATE IN BREATH AWARENESS 150 HRS.....	3
LEVEL 2 – CERTIFICATE IN BREATHWORK PRACTITIONER 300 HRS.....	3
LEVEL 3 – DIPLOMA OF BREATHWORK GROUP FACILITATOR 150 HRS .....	3
LEVEL 4 – DIPLOMA OF BREATHWORK TRAINER 300 HRS .....	4
MENTORING AND SUPERVISION .....	4
MENTORING .....	5
SUPERVISION.....	5
<i>Level 1 – Certificate in Breath Awareness .....</i>	<i>5</i>
<i>Level 2 – Certificate in Breathwork Practitioner.....</i>	<i>6</i>
<i>Level 3 – Diploma of Breathwork Group Facilitator .....</i>	<i>6</i>
<i>Level 4 – Diploma of Breathwork Trainer.....</i>	<i>7</i>
<b>COURSE DELIVERY</b>	<b>8</b>
<b>COURSE ASSESSMENT</b>	<b>8</b>
<b>BT FACULTY</b>	<b>8</b>
<b>TIME AND LOCATION OF COURSES</b>	<b>9</b>
<b>ASSURANCE OF QUALITY STANDARDS – ENDORSEMENT</b>	<b>9</b>
<b>ENROLMENT</b>	<b>9</b>
<b>RECOGNITION OF PRIOR LEARNING</b>	<b>10</b>
<i>What is it? .....</i>	<i>10</i>
<i>Why apply for RPL? .....</i>	<i>10</i>
<i>How it works - What happens? .....</i>	<i>10</i>
<b>FEES</b>	<b>11</b>
<i>Course Fees.....</i>	<i>11</i>
<i>Courses fees; mentoring and supervising trainee Group Facilitator &amp; Trainer.....</i>	<i>11</i>
<b>FEE PAYMENT AND REFUND POLICY</b>	<b>11</b>
<i>Payment .....</i>	<i>11</i>
<i>Refund .....</i>	<i>11</i>
<i>Course Cancellation.....</i>	<i>12</i>
<b>ENROLMENT PROCEDURE</b>	<b>13</b>
<b>BREATHWORK TRAININGS DETAILS</b>	<b>14</b>

## 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 which offers something unique and exciting in the field of holistic health.

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

Breathwork, which includes conscious connected breathing, metaphysical 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, a group facilitator and/or trainer 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 Training

### **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

### **Breathwork Trainings 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	Reichian Bodywork	Healing
Medicine	Allopathic	Yoga
Naturopathy	Psychotherapy	Sandplay
Chiropractic	Osteopathy	Homoeopathy

## Professional recognition in Breathwork

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 – Certificate in Breath Awareness is primarily concerned with your own transformational journey and the acquisition of useful and effective life-skills for your personal use.

Level 2 – Certificate in Breathwork Practitioner is a training that focuses on the development of the competencies necessary for professionally consulting with others on a one-to-one basis.

Level 3 – Diploma of Breathwork Group Facilitator, prepares you to work with a larger audience, teaching you skills in group dynamics, communicating with the wider community and group facilitation.

Level 4 – Diploma of Breathwork trainer focuses on the development of skills and competencies in delivering Breathwork practitioner and group facilitator trainings.

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

### Level 1 – Certificate in Breath Awareness 150 hrs

Focuses on personal transformation through the experience of the power of Breathwork, including 10 sits and 10 breathes

### Level 2 – Certificate in Breathwork Practitioner 300 hrs

Focuses on learning how to professionally support others in an individual Breathwork session, including 20 sits and 20 breathes, 15 self breathes offsite; as well as a practicum of 20 client consultations under supervision to support the student to transition to an independent Breathwork practitioner.

**Levels 3 and 4** entail additionnel mentoring and supervision, as the student is guided into effective delivery of the full requirements of a Breathwork Practitioner qualification

### Level 3 – Diploma of Breathwork Group Facilitator 150 hrs

+ mentoring and supervision: 50 hours

**Level 3 – Total hours 200**

Focuses on the delivery of BT Level 1 – Certificate in Breath Awareness, it includes the facilitation of 10 sits

and 10 breathes i.e. facilitating 20 groups ie.10 group breathes [5 assisted, 5 solo], as well as pedagogical theory.

Furthermore, the trainee Group Facilitator is required to use their promotional skills to find a minimum of two students to be their participants in that Level 1 training.

This is part of the Level 3 assessment process for planning and preparing their delivery of a BT Level 1 – Certificate in Breath Awareness course.

The BT Level 3 training gives the trainee Group Facilitator the experience of promoting and developing a following.

#### **Level 4 – Diploma of Breathwork Trainer 300 hrs + mentoring and supervision: 80 hours**

#### **Level 4 – Total hours 380**

Focuses on the delivery of BT Level 2 – Certificate in Breathwork Practitioner, which includes the facilitation of 20 sits and 20 breathes i.e. 40 groups i.e. 20 group breathes as well as pedagogical theory and the supervision of Student Practicum.

Furthermore, the trainee Trainer is required to use their promotional skills to find a minimum of two students, who have successfully completed BT Level 1 and who have enrolled for the BT Level 2 – Certificate in Breathwork Practitioner course.

This is part of the Level 4 assessment process for organising and promoting an event.

The BT Level 4 training gives the trainee Trainer the experience of promoting and developing a following.

It should be noted that:

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

Additionally, to graduate as a BT trainer, the trainee must have completed 500 professional breathwork consultations and 60 professional group breathwork workshops offsite.

On completion of BT Level 4, the graduate has the competency required to train Breathwork practitioners and group facilitators; however, their recognition by the Australian Breathwork Association [ABA] as a trainer requires either that they are licensed to deliver an ABA endorsed Breathwork training ie have signed an MoU with a trainer owning ABA endorsed trainings or they have written their own Breathwork training and had it endorsed by the ABA.

In practical terms, this means you cannot submit a BT Level 4 graduate certificate to be upgraded to ABA trainer until you have the right through licensing to deliver an ABA endorsed Breathwork Training [see preceding paragraph]

#### **Mentoring and Supervision**

Breathwork Trainings' trainers, Robyn Fernance and Ann Harrison, have spent all their working lives as teachers and trainers. Both were initially trained in a post graduate diploma of secondary school teaching; Ann Harrison then went on to train teachers in the schools system. Together they developed the BT curriculum that was initially endorsed through the Australian government

vocational education accreditation system. Breathwork Trainings' students receive the benefit of their decades of experience in teaching and training. They are delivering a curriculum that was scrutinized and accredited by the Australian Government

They know that being competent to carry out a task does not mean one is able to teach another how to do it. That is why Breathwork Trainings Levels 3 and 4 were developed to train Breathwork practitioners to facilitate groups and train practitioners, and incorporate additional hours of mentoring and supervision

### **Mentoring**

This is the support given to a student prior to their facilitation of a Breathwork group. It involves reviewing the material to be delivered and developing the schedule for its delivery. This is done through emails, phone conversations, online meetings and onsite preparation prior to delivery.

### **Supervision**

This takes place on site and is the observation and supportive comments given to the student by the Breathwork trainer in order to develop even greater facilitation skills.

## **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 Breathwork Group Facilitator**

BT Level 3 – Breathwork Group Facilitator Training includes:

### **BW0031 Group Breathwork Theory**

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

### **BW0032 Theory and Practice 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.

## **Level 4 – Diploma of Breathwork Trainer**

### **BW0041 Breathwork Theory**

- Applying the philosophical and metaphysical foundations of Breathwork to planning, analysing and evaluating Breathwork groups
- Applying the principles and practices of Breathwork to planning, analysing and evaluating Breathwork groups
- Applying an appropriate metaphysical framework to facilitating individual needs within a group Breathwork setting

- Representing group Breathwork to clients and community
- Organising a promotional event for Breathwork
- Working within ethical and regulatory guidelines within a group setting

#### **BW0042 Personal Breathwork Experience**

- Gaining extensive personal experience of a range of Breathwork styles
- Undertaking personal transformational experiences during Breathwork
- Applying holistic self-awareness to Breathwork practices
- Applying personal Breathwork experiences when working within Breathwork groups

#### **BW0043 Deliver Breathwork Training**

- Planning and preparing for group Breathwork
- Establishing and evaluating a Breathwork group
- Developing through analysis and evaluation group commitment and cooperation
- Demonstrating through analysis and evaluation group leadership and facilitation skills
- Planning and analysing group processes in order to facilitate the achievement of group and individual goals
- Working with assistants in planning, analysing and evaluating Breathwork groups
- Following health and safety procedures when planning, analysing and evaluating Breathwork group sessions
- Analysing and evaluating group Breathwork sessions

## 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 or over 6 day and 4 day theme events.

## Course Assessment

BT has a rigorous assessment procedure at each Level of training.

Once enrolled the student will receive the Course Content & Assessment Booklet that outlines the BT course content, assessment procedure and assignments.

## 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 40 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 40 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 of Breathwork with over 40 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](http://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

- 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

900 hrs plus additional mentoring and supervision

Level 1 – Certificate in Breath Awareness	150 hrs
Level 2 – Certificate in Breathwork Practitioner	300 hrs
Level 3 – Diploma of Breathwork Group Facilitator	150 hrs
Level 4 – Diploma of Breathwork Trainer	300 hrs

### Courses fees; mentoring and supervising trainee Group Facilitator & Trainer

The courses that you successfully complete with Breathwork Trainings - Breathwork Practitioner, Breathwork Group Facilitator and Trainer are endorsed by our peak body - the Australian Breathwork Association.

We have been leaders in Breathwork trainings firstly in our trainings as Robyn Fernance and Ann Harrison, then through the Australia government accreditation system, and now in alignment with the Australian Breathwork Association.

Course	2026 Course Fee	2026 mentoring /supervision	2026 Total course fee
L1			3200
L2			6400
L3	3200	1100	4300
L4	6400	1700	8100
			22000

✳ 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.



## Breathwork Trainings Details

<b>Inquiries Central West Campus</b>	<b>Inquiries Hunter Region Campus</b>
<p>Ann Harrison Tel – 02 6366 3819 Mobile – 0403 823 636 Email – <a href="mailto:office@breathworktrainings.com.au">office@breathworktrainings.com.au</a></p> <p>Postal Address PO Box 248 Millthorpe, NSW 2798 Australia</p> <p>Venue – Millthorpe Meditation Centre 58 Victoria St Millthorpe, NSW 2798</p>	<p>Robyn Fernance Tel 02 4959-6619 Email – <a href="mailto:innerc@bigpond.net.au">innerc@bigpond.net.au</a></p> <p>Postal Address and Venue  112 Fassifern Rd Blackalls Park NSW 2283</p>

Website: [www.breathworktrainings.com](http://www.breathworktrainings.com)