



Breathwork

300hr Facilitator Training

Module 1 - Let's Get Started!

There is a lot of content in the *300 hr Breathwork Facilitator Training* program! It is important that you pace yourself and set yourself up for success right from the beginning.

Online Learning is Primarily Self-Led

Learning online and in a self-paced way is very different than learning via an in-person workshop or course. The responsibility for creating time and space for learning + practice is entirely up to you.

The *300hr Breathwork Facilitator Training* is set up for you to move through the material in your own time, keeping up with the suggested weekly pace. Offer yourself patience as you progress through the course material. Some exercises may be more challenging than others, and there will be necessary time for reflection as you move through the content.

Each topic is designed to be moved through weekly, though you will find your own pace as you begin. Content includes readings, videos, practices and a quiz, with a required passing grade of 70%.

Please note that you do need to move through the course in the order it is provided, watching the full videos and completing the quizzes.

Practicum

To help integrate your learning, you will be completing Practicum assignments that are to be submitted to our Course Administration at hello@inspiredme.ca

Course Access Length

From the first day that you register, you have 2 calendar years to complete the program. Typically, you can move through the course in 6-8 months of dedicated learning.



Setting Your Intention

The primary intent of the *Breathwork Facilitator Training* is to deepen your personal experience with Breathwork, help to create clarity and integrate what Breathwork means to you, and get you started on sharing the practice with others in your own authentic and unique way.

The 2 fundamental components of this approach are: Authenticity and Presence.

“In the exact degree that you give up, so you will receive”
~ Anandamayi Ma

It is essential that you set your own Intention for the program in order to maintain your perspective and momentum for the course. Knowing your WHY helps keep you on track and reminds you of the greater vision and purpose of your choice.

Intention Meditation

Complete the Welcome Breathwork Meditation included in this week’s content and then answer the following questions:

What do you wish to gain from this course?
What are you willing to give up in order to receive?

Intention is a force. It holds the energy of creation. Intention is a directed impulse of consciousness. It is a seed that holds all that is needed to grow and express as the fully formed creation.

My intention is...



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Practicum Assignment #1

30 Day Breathwork Log - Deepening Your Practice

Explanation

Living and deepening the practice of Breathwork is an essential part of being a Breathwork Facilitator. As we deepen and develop our personal practice we gain perspective to share with our students. This assignment is specifically designed to create a habitual practice and help you create space in your life for the essential practice of Breathwork.

Description of Assignment

Keep a log for a period of 30 days of your Breathwork practice. See following page for Breathwork Practice Log. Each practice can be any length that you choose with a minimum length of 10 minutes. Each day may be different and this is part of the experience – creating a practice that works for you.

Date	Enter the Date – 30 days should be listed in sequence
Time of Practice	Enter the time that your practice began
Length of Practice	Enter the length of time of your practice
Source/Type	If utilizing a guided Breathwork practice, list your source and the name If attending a class or personally-led practice, list this
Notes/Insights	Share any notes you have on the practice – feelings, thoughts, insights
**Must complete at least 21 days of practice within the 30 day period	

Due Date

To be submitted within 2 calendar years of beginning your training.

Submission + Evaluation of Assignments

Assignments are evaluated based on completion. The primary purpose of Practicum Assignments are for you to gain personal experience and to ensure that you practice what you are learning in the program.

*Please feel free to create in a separate document and ensure that you submit in .pdf format.

Submit ALL Practicum work at the same time to hello@inspiredme.ca



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30 Day Breathwork Log - Deepening Your Practice

Day	Date	Time of Practice	Length of Practice	Source/Type	Notes/Insights
1					
2					
3					
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Practicum Assignment #2

Creating (2) Full Breathwork Journeys (30-45 mins)

Explanation

As you begin to deepen your understanding of Breathwork, it is important to practice planning Breathwork Journeys and practice. Each week you are offered suggestions and scripts for guiding Breathwork practices. Utilizing these practices and your own authentic experience, you will create 2 Breathwork Sessions 30-45 mins in length. It is requested that you provide the planning worksheet and the full script of your practice for your Practicum Submissions.

Description of Assignment

Utilize the planning worksheet below to begin the process of planning your (2) Breathwork Journeys. You will submit this AND a full script of your Breathwork Journey upon completion of your Practicum.

You will learn to create these Scripts beginning in TOPIC 13, so please do wait until you have reached this point before attempting to create your Scripts.

Due Date

- To be submitted within 2 calendar years of beginning your training. The suggestion is to begin immediately upon starting the Program.

Submission + Evaluation of Assignments

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Breathwork Journey #1 Planning

Begin by choosing a value that is very active in your life right now, and then answer the following questions (note that this will be used later when planning the Journey):

1. Which value have you chosen? _____
2. What does this value mean to me?

3. How is this value currently operating in my life?

4. In what ways do I feel lack around this value?

5. In what ways do I feel abundance around this value?

6. Describe how this value can be represented in:
 1. Images _____
 2. Scenarios/Visualizations _____
 3. Sounds _____
 4. Words _____

Building Your Intention

From the value you have chosen, we will build a theme for the Breathwork Journey. The value itself IS the theme. It is the thread that will run through the entire Breathwork Journey.

To draw out the intention from this value, let's build an affirmative statement (personal, present, positive).



1. Which value have you chosen? _____

2. Convert this into an *I am* statement...

Example: For the Core Value of *Love*, an affirmative statement could be *I am Love*

Write your own: _____

This affirmative statement is your Intention for the practice. It can be utilized as an anchor in practice and a means of deepening personal understanding.

3 Parts of the Breathwork Journey

The 3 Parts of the Breathwork Journey are Internalization, Deepening Practices, and Externalization. We can utilize the central Intention/Theme we have just defined to build a Breathwork Journey that is designed to deepen our experience of Intention.

Let's begin by brainstorming:

1. Which Breathwork practices will support the central Intention/Theme?

Example: For the Intention/Theme of *I am Love*, Breathwork practices that support self-love and love of others may include Belly Breathing, Loving-Kindness, Heart-Focused Breathing, Heart Chakra Breathing etc.

List the Breathwork practices you feel called to based on your affirmative statement:

2. Now, consider how we could arrange these practices in a deepening way.

A. Start with components that would help with Internalization.

B. Then build on these with those that would take us into a deeper experience of the Intention/Theme.



C. Finally, close with components that would help with Externalization and concluding the practice.

Example: For the Intention/Theme of *I am Love*, we will divide up the Breathwork practices that support self-love and love of others.

Internalization: Slow, deep belly breathing then Heart-Focused Breathing

Deepening: Heart Chakra Activation and Loving-Kindness Blessing

Externalization: Heart-Focused Breathing and Breath Awareness

List your own

Internalization: _____

Deepening: _____

Externalization: _____

Writing Your Breathwork Journey Script

Now that you have determined your central Intention/Theme and described the Breathwork practices you will use throughout the journey, it's time to write your Breathwork Journey script.

If you find it easier, you can write this out in full as you would speak it. My suggestion is to write it out more in point-form and incorporate the insights you described when developing your Intention/Theme.

I will share a template for the full Breathwork Journey planning and Script on the following 2 pages. Please feel free to copy this and use it to build your Breathwork Journeys if you find it helpful.



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7. Convert your value into an *I am* statement...

8. Which Breathwork practices will support the central Intention/Theme?

9. Now, consider how we could arrange these practices in a deepening way.
Internalization: _____
Deepening: _____
Externalization: _____



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Expand on each of the Breathwork Practices and incorporate the insights you described when developing your Intention/Theme.

Internalization: _____

Deepening: _____

Externalization: _____



Breathwork Journey #2 Planning

Begin by choosing a value that is very active in your life right now, and then answer the following questions (note that this will be used later when planning the Journey):

1. Which value have you chosen? _____
2. What does this value mean to me?

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Internalization: _____
Deepening: _____
Externalization: _____



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Expand on each of the Breathwork Practices and incorporate the insights you described when developing your Intention/Theme.

Internalization: _____

Deepening: _____

Externalization: _____



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Module 2 - Your Personal Breathwork Journey

In the practice of Meditation, I learned to use the breath as a focal point. A place to rest my awareness so that I could sink back behind thoughts and my outward human experience.

Over the years of study and practice, awareness of Breath began to play a more important role.

The more I paid attention, the more I realized that Breath is so much more than a means of circulating oxygen in the body. It offers a direct experience of presence, conscious control of our physical, mental, and spiritual experiences, and is the most dynamic means of transformation that I have found.

As I began to deepen my understanding of the Breath and gather more and more Breathwork tools, I started to remember back to significant moments in my life where Breath played an integral role.

The first time I truly realized the power of the Breath was during my second birth, with my beautiful daughter Avery. I was committed to a Natural Birth with both kiddos, but the first experience was so much more than my mind and body were prepared for.

When I was in my second pregnancy, I decided to seek out support. I read every book, watched every video and talked to as many women as possible who had been through it before. One thing stood out to me above the rest was a method called HypnoBirthing that involved conscious breathing and visualization to help focus the mind and support the body during birth. Every word in the book by Marie Mongan felt like a homecoming.

And, at 7 months pregnant, I hopped on a plane and flew to Texas to learn directly from the master. It didn't disappoint. Through that training and the following months I practiced Breathwork and visualization daily.



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What I thought would prepare me for birth did SO much more than that. My daily practices brought a relief from discomfort, helped me to focus, and generally offered an improved sense of wellbeing both physically and mentally.

I won't get into the details (maybe another time) but I can't even begin to express the difference between those 2 births. While the first felt overwhelming and painful, the second was so empowering. Everyone who was present at that birth (including the nurses and my Midwife) were amazed by how well the Breathwork supported me during this beautiful transition.

Experiencing the true power of the Breath is something I won't forget. I remember these moments often when I feel overwhelmed or in need of a good reminder of how powerful I actually am.

Your Unique Relationship with the Breath

You likely signed up for this training because you have already had experiences that demonstrated the power of Breath. As we walk this path together, you will find that your relationship with the Breath will likely shift in some fundamental way.

Perhaps it will be a deepening in spiritual connection and devotion. Or maybe it will be a persistent curiosity that has you asking the breath often, *'What do you have to show me today?'*.

Just as with any relationship, it takes time and commitment to explore the fullness of what is possible. I invite you to take your first step onto this path with a sense of compassion and willingness to explore what this relationship will mean for you.



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The 3 Commitments for Studying Breathwork

When learning about Breathwork and the skills needed to share the practice with others through *Inspired Me Meditation + Wellness*, 3 Commitments are essential:

1 - Authenticity

Authenticity is a truthful representation of your experience. It is a way of sharing that honours your values, and is in integrity with your unique reality.

When you practice Breathwork, you will notice that sensations, emotions and even memories may arise. Authenticity is an acknowledgment of these and perhaps offering curiosity to why they arose.

2 - Presence

Presence is a quality of the NOW. It does not exist in the past, nor can it be anticipated. It must be experienced.

This means that to practice Breathwork, we must be willing to be with what is, right here, in this moment. Presence is about getting curious about what arises for you and working with whatever experiences and challenges arise.

3 - Compassion

Compassion is 'non-judgment'. It is allowing the experience, the present moment, to be what it is. It is an ease, an acceptance of where we are, and a compassion for both ourselves and others.



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The 5 Layers of Consciousness

While it may not be obvious just yet, you will soon discover that this program was designed in a very intentional way in order to help guide you through the deepening layers of consciousness as they relate to the Breath.

Borrowing from a Yogic concept, we will be exploring the theory and practices of Breathwork as they relate to 5 Layers of Consciousness:

- 1 - Physical** - the physical body and what it means to be embodied
- 2 - Energetic** - the energy body and how the Vital Energy of life is carried on the breath
- 3 - Mental** - touching into the mind through a deepening awareness of our patterned thoughts, beliefs and ultimately the reality we experience
- 4 - Creative** - activating the creative power within
- 5 - Unity** - breathing with the Universe and recognizing the dynamic co-creative flow that we are a part of

As we move through our studies and practices together, you will notice the concepts become more and more subtle. Beginning with the most external layer of self, the Physical, we take the journey inward through the layers of consciousness until we arrive at the most subtle, which is Unity Consciousness.

Inquiry Questions

- Describe your unique journey with the Breath.
- When do you feel most connected with the Breath?
- When do you feel least connected with the Breath?



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Module 3 - What is Breathwork?

Defining Breathwork

Breathwork is the use of *Breath Awareness* and *Breath Practice* in order to benefit the mind, body and spirit

There is no right or wrong way to breathe. Rather, the Breath offers an opportunity for exploration. For self-realization, expansion, and even self-healing.

Notice the focus on 'self' here. Breathwork is an incredibly personal practice, and while there are many techniques and suggestions that will be offered in this Training, your greatest learning will come from *Self*.

Breath carries with it the vital energy of life. It is the first thing we do when we are born, and is our constant companion through this life.

Learning how to consciously tune into the Breath is essential to presence. And yet, this is only the beginning. The Breath also offers sacred power. The ability to immediately and powerfully alter our physical, emotional, mental and spiritual experience.



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The 2 Pillars of Breathwork

When practicing and guiding Breathwork, 2 Pillars are the foundational elements to practice. And just like the pillars in a building, there must be balance between them.

Did you know that the Breath is the only physiological function that is under both unconscious and conscious control? We will dive deeper into the Anatomy and Physiology of the Breath, but for now, know that it offers a very unique opportunity for Awareness and Practice.

1 - Breath Awareness

Awareness is about paying attention, on purpose. When practicing Breath Awareness, we pay attention to the Breath, without the need to change or direct it in any way.

In Breathwork, this pillar is essential to both the state of Presence and also a deepening sense of Self-Realization. To watch the Breath is to witness the movement of life. As we open to what the Breath has to share with us, many gifts are revealed.

2 - Breath Practice

Remembering that the Breath is under our conscious control also, we have the opportunity to influence the Breath. This is where the *doing* aspect of Breathwork comes in.

In Breath Practice, we alter the depth, the focus and the speed of our Breath in order to engage directly with the mind, body and spirit. Another way to expand this understanding is to recognize the impact of Breathwork on the 5 layers of consciousness (physical, energetic, mental, creative, and unity/spirit).



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Benefits of Breathwork

Breathwork offers a wide range of benefits. Many studies have demonstrated the power of specific Breath practices. And yet, to fully appreciate the fullness of the Breath, we must experience it directly.

Breath practices have been shared in many spiritual traditions for thousands of years. Breathwork was simply a natural part of the health and devotional practices that are foundational to the many systems of belief.

Similar to Meditation, Breathwork is used to settle the fluctuations of the mind, to deal with stress (physically, mentally, emotionally, spiritually), build energy, and to engage fully with the present moment.

While Breathwork is simple, it is important that we do not underestimate its power. There are very few things we can affect that have the power to completely shift our experience on all levels of being.

Let's explore the many potential benefits of Breathwork:

*Sources provided after the list of benefits

Physical

- Decrease in effects of stress
- Coherence in the heart and brain rhythms
- Down-regulates the sympathetic nervous system
- Improves breathing and heart rates
- Increases overall circulation and reduces blood pressure
- Increases longevity
- Boosts immune health
- Lessens the experience of pain and facilitates physical healing
- Lessens inflammatory disorders including arthritis



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Mental

- Increases focus and mental strength
- Memory retention and recall is increased
- Builds creative thinking and cognition
- Better able to make decisions and solve problems
- Helps manage ADHD

Emotional

- Decreases worry, anxiety and impulsivity
- Helps to engage directly with the emotional experience and process stored emotion
- Reduces stress, fear, loneliness and depression
- Enhances self-esteem, self-love and self-acceptance
- Builds resilience
- Increases feelings of optimism and relaxation
- Improves mood and emotional intelligence
- Helps develop positive relationship and social connections

Energetic

- Encourages the movement and flow of Vital Energy/Qi
- Reduces stagnation and encourages energetic balance

Spiritual

- Sense of increased connection with God/spirit/divine
- Direct experience of energetic/spiritual Self
- Opens channels to guidance and clear vision



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Divine

- Devotional offering
- Opening as conduit of Divine energy
- Recognition of Self as Divine

Your Personal Experience

- What else can you add here?

Sources

The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/>

The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions by Richard P. Brown, MD and Patricia Gerbard MD

Just Breathe: Mastering Breathwork by Dan Brulé

What is Breathwork? - <https://www.healthline.com/health/breathwork>



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Contraindications of Breathwork

While Breathwork offers a vast array of benefits, there are many conditions that can be increased or aggravated by the practice. Now, this doesn't necessarily apply to all Breathwork practices, as there are many different approaches to practice that we can take.

The measure of safety must be left to both the individual practicing and their primary care givers when needed. As a Breathwork Facilitator, you are not qualified to diagnose or offer treatment. While we cannot provide direct recommendations for treatment, we can help to empower the individual to do their own research and to advocate for their health.

To better understand the limitations and potential contraindications of Breathwork, let's explore the primary mechanism. Breathwork greatly increases circulation within the body and the brain and may induce hyperventilation. It also tends to have a significant effect on the nervous system. For these reasons, we must consider how these effects may contraindicate Breathwork in certain circumstances.

Increased Circulation, Hyperventilation and Nervous System Effects

Prolonged hyperventilation (over-breathing) may lead to physical experiences of dizziness, tingling, heart palpitations, muscle spasms, decreased blood flow to the brain, clouded vision, ringing in the ears and possible changes in cognition. While many of these are also considered 'benefits' of the practice, we must consider when and where these effects are not appropriate or supportive for health.

Individuals with arrhythmia, high blood pressure or other cardiovascular problems, a history of aneurism or blood clots, vision problems, osteoporosis, recent injuries or surgeries, or those experiencing psychiatric symptoms, seizures or are on heavy medications must exercise caution and are recommended to first consult with a medical professional prior to beginning practice.



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The Differences Between Meditation + Breathwork

Before I get into this, let me start by sharing that Breathwork and Meditation are my jam. I love everything about the theory, the history, and most def the practices. So, when I share the differences, please know that I'm not saying one is better than the other. Far from it!

Rather, as we build our toolkit of expanding Self-Awareness, both Breathwork and Meditation offer their own unique aspects of support.

Here's what I mean...

Breathwork is great for beginners

While sitting quietly with your eyes closed and facing some of those intrusive thoughts can feel a bit overwhelming, Breathwork offers very simple techniques that can be accessed at any time.

Breathwork is great for increasing energy

The more you get into Breathwork practices, the more you will discover that you can utilize the Breath to calm or to energize. In addition to increasing energy, it can warm you right up! Great for those Canadian Winter mornings (ps. that's where I live)

Meditation includes the practice of Breathwork

Meditation is all about bringing the body and the mind into the same place at the same time. This means that to practice Meditation is actually inclusive of Breathwork. We incorporate Breathwork practices into Meditation all of the time.

Breathwork + Meditation create Unity

The ultimate expression of both Breathwork and Meditation is Unity. The coming together of energy. Recognition that we are all part of the whole.

Really, when we talk about the differences between Breathwork and Meditation, they aren't as significant as one might think. Rather, they are supportive of each other. An integral part of our path of expanding Self-Awareness.



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A Personal Practice

If you are new to Breathwork, it can be helpful to know what to expect. Here are some suggestions and common experiences to keep in mind, for both yourself and for those you will be guiding:

- Breathwork is a practice and in order to achieve optimal experience, it is helpful to practice daily. First thing in the morning is ideal, as this offers a fantastic boost of energy for your day.
- Set aside a minimum of 20 minutes per day for your practice. The actual practice will be less, but it is helpful to integrate through journalling and quiet reflection. Schedule this in your calendar now.
- You will likely experience feelings in the body that are unfamiliar to you. Tingling is common, and you may feel tightness or constriction where energy and tension are being held. Breathwork is designed to help you move and release this stuck energy, so these feelings are a signal that something wonderful is happening.
- You should never be in pain during the practice. Be gentle with yourself. If it feels like too much, ease up a little. And remember that the more that you build a habit out of this practice, the more likely it is that you will experience the many benefits of Breathwork.
- When an emotion arises, be with it. Allow the emotion to move and focus your attention on your breath. This will help the emotion to move and release more naturally.

Remember, the breath is both intelligent and healing. Your natural state is Wholeness, and the breath is designed to help you return to this truth. Be curious about your experience and approach this with a sense of playfulness.



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Considerations of Developing and Guiding a Practice

A Breathwork practice is highly personal and will very likely evolve over the course of your journey. The same goes for those you guide. While it is helpful to explore the common considerations of Breathwork practice, there is no need to remain rigid in practice.

Approaching Breathwork Practice

Relating back to your original intention set for this course and your journey with Breathwork, approaching practice is about connecting with your *why*. Breathwork is not to be another chore or burden in your life. An attitude of compassion, kindness, sincerity and curiosity will support your practice and nurture your growth.

Another important aspect of approaching Breathwork practice is acceptance. When we enter Breathwork practice with an expectation in mind, we are likely to be disappointed. Expectation also sets us up for striving, which will actually hold us back from exploring the depths of practice.

Acceptance is about allowing what arises. Offering curiosity and kindness to the experience. Without expectation, your practice will lead you to the unconditional love, wholeness and freedom that you seek.

Creating a Container for Practice

Breathwork is supported by habit – creating a regular time and space to practice.

Timing

The time that you choose will likely depend on your personal schedule and ability to be alert for practice. Morning Breathwork practices are great for energizing. Evening practices will help to calm the mind and settle the nervous system.



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Length

Maintaining a common length of practice will also help to support the experience. Beginning with less time and perhaps increasing as you desire.

A typical length of practice to begin with is 20 minutes, then moving up to 30, 45 and perhaps even an hour. There is no real need to increase the length of practice, though you may find that you naturally begin to extend your practice because of how wonderful it feels.

Similar to Meditation, I suggest a very minimum of 10 minutes as it takes about 7 minutes to calm the mind-body and shift into Parasympathetic mode and the deeper brain wave states. You absolutely can start with less time, or incorporate shorter 'mini' practices throughout the day as a means to help stabilize the nervous system and mood. All Breathwork is beneficial and small check-ins are far better than none!

Space

Dedicating a space to your daily practice is very supportive to practice. Choose a space and items that you love, that bring you peace and comfort. Your space sets the feeling tone of practice and embodies the sacred choice of Breathwork.

One of my favourite things about Breathwork is that it can be practiced anywhere and you don't need to close your eyes to do it. You can practice will out on your daily walk or even while doing the dishes.

Setting Intention

Breathwork, very much like Meditation, is an ideal practice for tapping into your core values and vision. By setting an intention for the practice, whether it be for your present practice or for the highest desire for your life, you are essentially planting the seed of potentiality deep in your being. As we commune with all aspects of Self during



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Breathwork, a purposeful intention will affect our practice by offering both insight and attraction to our heartfelt wish.

Breathwork helps us tap into the deepest layers of consciousness – our creative potential. In this space of creation, a clearly set intention is sure to be manifest. Drawing out of Breathwork after practice brings with it a clarity and trust that all is being prepared.

Posture

Breathwork benefits from a variety of different postures. Each offering its own unique benefits and applications for use. As Breathwork is a more active practice than Meditation, we can typically practice in different postures without losing focus or drifting into sleep.

Below are listed different posture options and the potential uses of each:

Seated

In seated practice, the spine is erect and the chest is open. It is important that there is comfort in the hips, perhaps seated on a cushion or with some height to help support the lower spine.

Seated is an ideal posture for creating length in the spine, space for the belly and the chest to expand in all directions and is great for aligning the energetic centres (chakras).

Standing

When standing to practice Breathwork, the feet are grounded down, there is length in the spine and, similar to seated, there is much space for the belly and the chest to expand in all directions. This is also a great posture for aligning the energetic centres (chakras). It is important to be aware of taking care to avoid any excessive dizziness.

Standing is an ideal posture for energizing the body and mind, and for practices that are either gentle or moderate in strength.



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Laying Down

When laying down to practice Breathwork, the body is resting comfortably on a supportive surface, with equal weight on both sides of the body, length in the spine and ideally support under the knees to help the lower back.

While there is not as much space for the Breath to expand in all direction while laying down, the posture is fantastic for more intensive practices that may cause dizziness or even feelings of euphoria. The inner journey possible with this posture is powerful and often used with practices such as Ecstatic Breathing, Rebirthing, or Holotropic Breathwork.

Walking/Movement

When walking or moving while practicing Breathwork, there is much flow in the practice. It is helpful to establish grounding through both intention and focusing on when the feet touch the earth. In these movement practices, the Breath has the space to move and shift the body and to respond in turn to the continual shifts in posture.

Walking or movement practices are ideal for dynamic Breathwork practices and offer a unique opportunity to entrain the body-mind to receive and respond to the flow of Breath and movement.



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Prompts for Supportive Seated Posture

Suggested props: pillow or Meditation stool, chair

- Find a comfortable seated position – either cross-legged, kneeling, with legs extended, or in a chair
- Take height under the hips with a cushion or support, so that the pelvis tips forward slightly lengthens the spine
- If there is discomfort in the back or additional support is needed, rest your back up against a wall
- Lengthen from the base of the spine all the way up to the top of the head – feel as though you are being lifted from the top of the head by an invisible string
- Tuck the chin slightly to lengthen the back of the neck
- Roll the shoulders back and down, allowing the shoulder blades to soften down the back
- Place the palms in the lap, commonly held with right hand placed in left with palm upwards and thumbs touching
- Relax your jaw and soften the facial muscles
- Soften the gaze of the eyes, looking downward and closing when ready



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Prompts for Supportive Laying Posture

Suggested props: pillow, bolster, blankets, eye pillow

- Find a comfortable laying position – with supports of pillows and a blanket nearby
- Rest your head on either a low pillow or a folded blanket. This will help alleviate any pressure felt on the back of the head during a lengthy practice
- Place a pillow or bolster under the knees to support the hips and relieve tension in the lower back
- Cover yourself with a blanket to maintain warmth
- Roll your shoulder blades open and allow them to rest down your back
- Shift in position until you find equal weight on both sides of the body
- Allow the feet to fall open
- Rest the arms on either side of your body, palms facing upward
- Tuck the chin slightly and lengthen the back of the neck
- Relax your jaw and touch your tongue behind your upper teeth
- Soften the gaze and close the eyes when ready

*An eye pillow can be used for additional support



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Prompts for Supportive Standing Posture

Suggested props: if any, perhaps a yoga mat or wall nearby

- Find a comfortable standing position – with feet hip-width apart and a wall nearby if there are concerns of dizziness
- Feel your feet grounded into the earth below
- Lengthen through the legs, from the base of the spine all the way up to the top of the head – feel as though you are being lifted from the top of the head by an invisible string
- Tuck the chin slightly to lengthen the back of the neck
- Roll the shoulders back and down, allowing the shoulder blades to soften down the back
- Relax the arms open, palms facing forward for a receptive stance
- Relax your jaw and soften the facial muscles
- Soften the gaze of the eyes, looking downward and closing if this is part of the practice



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Inquiry Questions

- What is Breathwork? How would you describe the practice in your own words?
- What are the top 3 benefits of Breathwork that you have personally experienced?
- Are there any situations or experiences in your life (current or past) where Breathwork is contraindicated? Please explain.
- Describe how you will set up your personal practice of Breathwork. What are you *committing* to?