



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 |
|-----|------|------------------|--------------------|-------------|----------------|
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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

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.

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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.



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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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Breathwork Journey Script #1 Creation

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



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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):

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Breathwork Journey Script #2 Creation

1. Which value have you chosen? _____
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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: _____

