

Rhythm of Breath

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Breathwork Facilitator Training

Overview & Curriculum

We are
revolutionising
how we do healing &
transformation.

Start Your Journey as Certified Breathwork Facilitator

A jam-packed professional, trauma-informed Breathwork Facilitator Training Program

Our intensive Training combines science, psychology, and spirituality to prepare you for impactful facilitation. It includes hands-on practice, online learning, and real-life demonstrations, emphasizing a trauma-informed, somatic approach to safely guiding individuals through breathwork experiences. We teach you everything you need to know to have a diverse and varied toolkit to create powerful change on all levels for you and your clients.

Trauma release. Nervous System Mastery. Personal Evolution.



Online Self-
paced Learning
on ROB App.



Weekly Live Zoom
Classes, most
Wednesday evenings
throughout the
program



4 day
in person
Immersion,
Sydney



Active
WhatsApp
Chat for
Coaching &
Support



Over 50 +
Breathwork
Scripts to
guide your
journey



Access to Breath
Library with
specially curated
music for you to
guide your
journeys

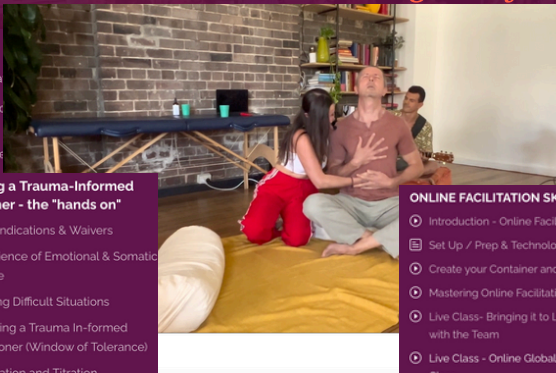
Our Journey Together

12 weeks. 3 Phases. In Depth Learning.

A Sneak Peak Inside the Learning Platform

Functional Breathing

- Intro to Functional Breathing
 - Anatomy, Bio-Mechanics & Chemistry
 - Basics of Nervous System
 - Correcting Self Reflex Measurement
 - What we are Facilitating
 - Assessing DEMO
 - Functional Behind the
 - Functional
- ### Becoming a Trauma-Informed Practitioner - the "hands on"
- Contraindications & Waivers
 - The Science of Emotional & Somatic Release
 - Handling Difficult Situations
 - Becoming a Trauma In-formed Practitioner (Window of Tolerance)
 - Pendulation and Titration
 - Body Keeps the Score & Vagus Nerv
 - Going Deeper - Working with 1-1 Clients - Part 1
 - Going Deeper - Working with 1-1 Clients - Part 2



Immersion Demonstrations

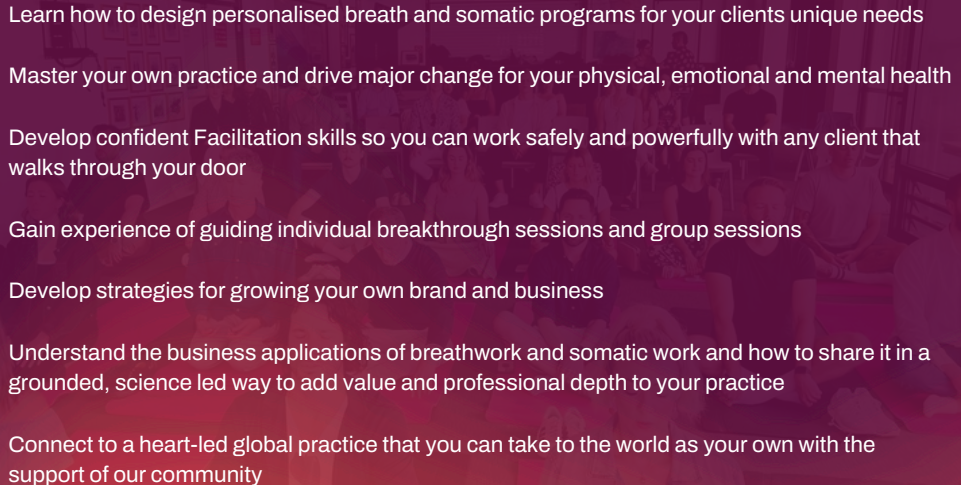
- DEMO - Handling Difficult Situations with Lee
- DEMO - Becoming a Trauma Informed Practitioner (Window of Tolerance)
- Demo - Listening to the Body & Noticing Belts of Tension with Amanda
- Demo - The Power of Enquiry & Full Session with Meghan
- Demo - Full Session around Letting Go with Anne-Marie
- Demo - Simple Enquiry & Mirroring Felt Sense with Danielle

ONLINE FACILITATION SKILLS

- Introduction - Online Facilitation Skills
 - Set Up / Prep & Technology
 - Create your Container and Safety
 - Mastering Online Facilitation Skills
 - Live Class- Bringing it to Life - Prep with the Team
 - Live Class - Online Global Breathwork Class
 - Live Class - Bringing it to Life - Debrief
 - Live Private 1-1 Session with Teodora
 - When Sh't hits the Fan!
 - Mastering Your Skills - The Challenge
- Touch & Unwinding the Body Oshen
 - Experiencing "all of me" - ing freedom with Danielle (1)
 - Pace & Rhythm of Informational Breathwork
 - Creating Safety to Feel Free Dee
 - Integration with Dee - feeling to be me

Key Learning Objectives

- Learn the Rhythm of Breath Model & Supporting Elements to create lasting change
- Learn 3 core styles of Breathwork in depth - Functional, Daily Techniques & Transformational
- Experience and embody the full spectrum of breath practices and when to apply them
- Master simple methods to improve breathing, sleep quality, anxiety and reduce burnout & more
- Understand the growing link between breathwork and the nervous system
- Apply trauma-informed principles for deep healing and lasting transformation
- Learn techniques to safely activate the release of trauma imprints and physical and energetic blockages in your clients
- Take clients into peak / altered states of consciousness to create subconscious change

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- Learn how to design personalised breath and somatic programs for your clients unique needs
 - Master your own practice and drive major change for your physical, emotional and mental health
 - Develop confident Facilitation skills so you can work safely and powerfully with any client that walks through your door
 - Gain experience of guiding individual breakthrough sessions and group sessions
 - Develop strategies for growing your own brand and business
 - Understand the business applications of breathwork and somatic work and how to share it in a grounded, science led way to add value and professional depth to your practice
 - Connect to a heart-led global practice that you can take to the world as your own with the support of our community

What Happens Once I Become Certified?...

Fully competent in working 1-1 as well as holding Group spaces

Rhythm of Breath are recognised with IPHM, a globally recognised training provider and you will be eligible to register with them if you wish

Available pathways to become a fully Insured Breathwork Facilitator

Teach and charge clients as soon as you complete certification

Continue your growth and join our Global Alumni Community

The Logistics & Schedule

Key dates:


Next program intake begins

Wednesday 17th September

Important Dates:

ONLINE - Most Wednesday evenings 6:30-8:30pm
zoom AEST (all calls recorded)

IN PERSON - Immersion dates: 10-14th October (1:-4:30pm daily)
Chippendale, Sydney

A large crowd of people is gathered under a large white tent. Many people are sitting on the ground, while a few are standing. In the center, a woman is standing with her back to the camera, looking towards the crowd. The scene is bathed in a warm, orange-red light, suggesting a sunset or sunrise. The text is overlaid in the center of the image.

We are on a massive mission to
help millions of people across the
world feel free & we would love
for you to join us if you feel the
call.

Rhythm of Breath

Join the movement

Apply today.

rhythmofbreath.com.au/facilitator-training/

Questions? Contact the Team.

Ask about our flexible Payment plans.

Immediate access available.

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