

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

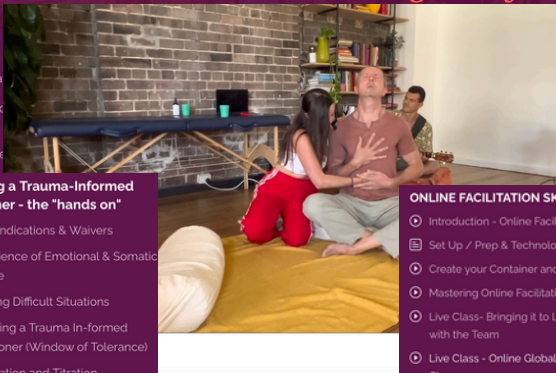
Our Journey Together

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 Breathing Behind the Scenes
 - Functional Breathing
- ### 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

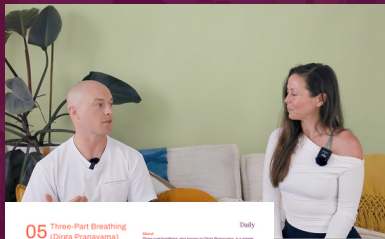
ONLINE FACILITATION SKILLS

- 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

Learn from the Best in the Industry.

Expert Facilitators. Amazing Resources.

Over 200 hrs learning. Practical 1-1 & Group Coaching.



05 Three-Part Breathing (Dirga Pranayama) a Pranayama Technique

About

Three-part breathing, also known as Dirga Pranayama, is a simple yet profound breathing technique that focuses on filling the abdomen, chest, and upper chest with air, promoting relaxation and stress relief.

Daily

Complete Lesson

Three-Part Breath Script

Daily

Preparation

Find a comfortable position. Sit or lie down in a comfortable position. Ensure your

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Coherence Breath Script 5:5

Daily

Preparation

Polyvagal Theory

Developed by Dr. Stephen Porges, the Polyvagal Theory provides a comprehensive framework for understanding the complex interplay between the autonomic nervous system, social behavior, and emotional regulation. This theory goes beyond the traditional understanding of the fight-or-flight response, introducing a third perspective that includes the social engagement system as a critical component.

The Polyvagal Theory introduces a third branch of the ANS: the social engagement system. Dr. Porges proposed that the evolution of the autonomic nervous system is not linear but rather involves the development of three distinct response systems, each associated with different stages of vertebrate evolution.



CO - REGULATION through connection, safety & being orientated to the environment

VENTRAL VAGUS

SOCIAL ENGAGEMENT

SYMPATHETIC

FIGHT/FLIGHT

DORSAL VAGUS

FREEZE

IMMOBILIZATION

VENTRAL VAGUS

SOCIAL ENGAGEMENT

SYMPATHETIC

FIGHT/FLIGHT

DORSAL VAGUS

FREEZE

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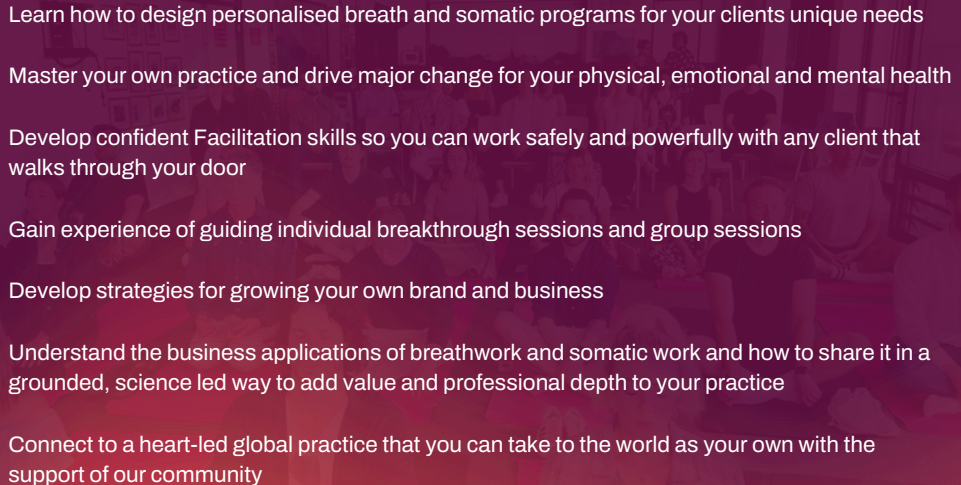
FREEZE

IMMOBILIZATION

VENTRAL VAGUS

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

Thursday 19th February


Important Dates:

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

Phase 1 - February 19 - 13th March

Phase 2 - 13th March - 1st April
4th day immersion (face to face in Sydney) 20-23rd March

Phase 3 - 2nd April - 7th May

A large crowd of people is gathered outdoors, sitting on the ground. In the background, there is a stage with a banner that reads "PENALTY" and a large speaker. The scene is overlaid with a semi-transparent orange-red filter.

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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