

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 guide 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.

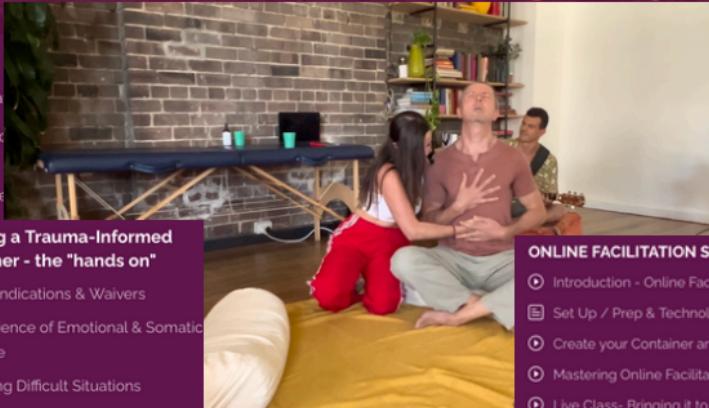
A Sneak Peak Inside the Learning Platform

Functional Breathing

- ① Intro to Functional Breathing
- ① Anatomy, Bio-Mechanics, Chemistry
- ① Basics of Nervous System
- ① Correcting Self Reflected Measures
- ① Becoming a Trauma-Informed Practitioner - the "hands on"

 - ① Contraindications & Waivers
 - ① The Science of Emotional & Somatic Release
 - ① Handling Difficult Situations
 - ① Becoming a Trauma In-formed Practitioner (Window of Tolerance)
 - ① Pendulation and Titration
 - ① Body Keeps the Score & Vagus Nervous System
 - ① Going Deeper - Working with 1-1 Clients - Part 1
 - ① Going Deeper - Working with 1-1 Clients - Part 2

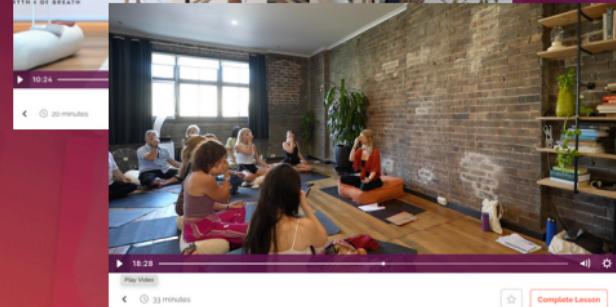
- ① Functional Behind the Scenes
- ② Functional



Immersion Demonstrations

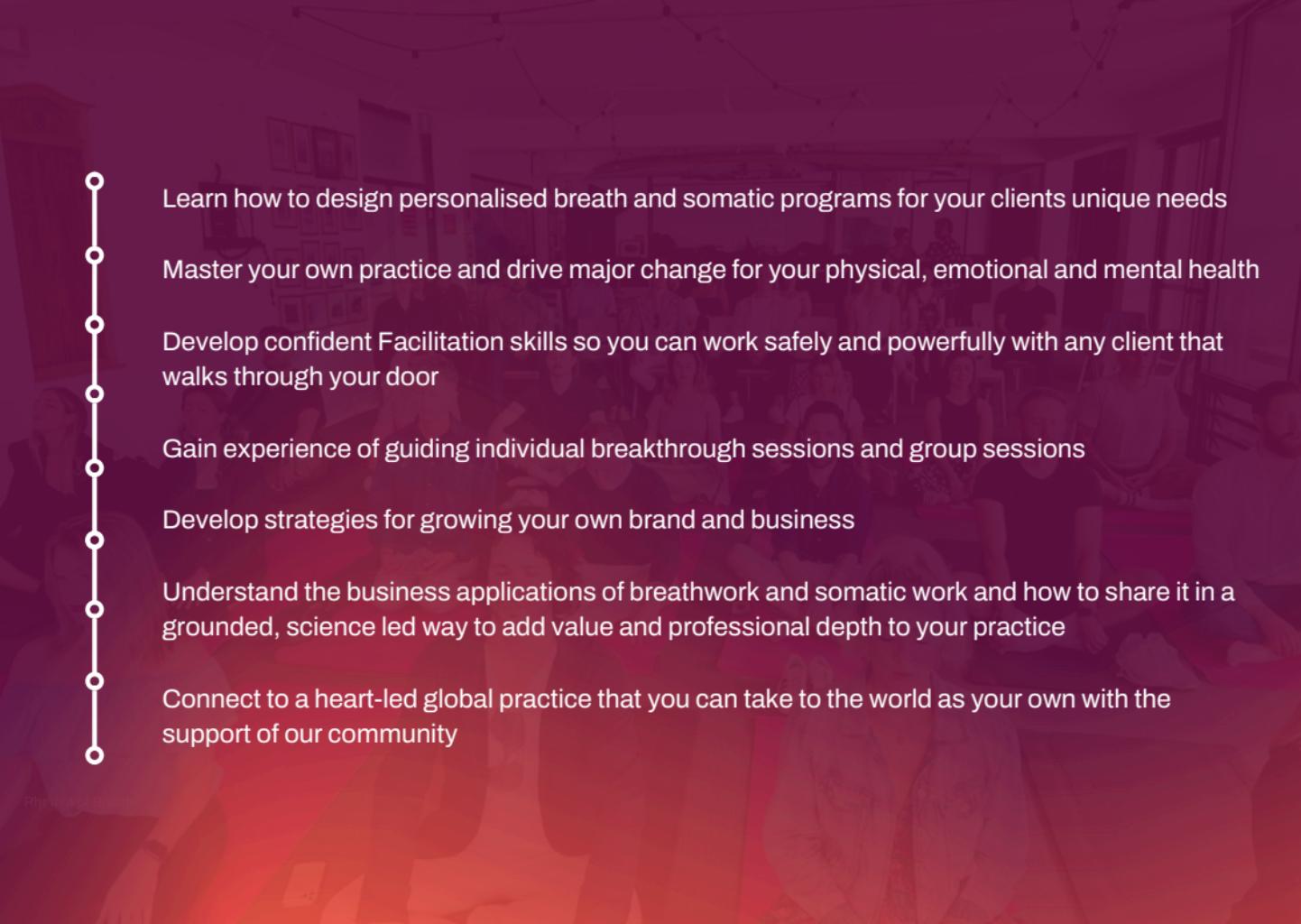
- ① DEMO - Handling Difficult Situations with Lee
- ① DEMO - Becoming a Trauma Informed Practitioner (Window of Tolerance)
- ① Demo - Listening to the Body & Noticing Belts of Tension with Amanda
- ① Demo - The Power of Enquiry & Full Session with Meghan
- ① Demo - Full Session around Letting Go with Anne-Marie
- ① Demo - Simple Enquiry & Mirroring Felt Sense with Danielle
 - o - Touch & Unwinding the Body
 - o - Introduction - Online Facilitation Skills Oshen
 - o - Set Up / Prep & Technology
 - o - Create your Container and Safety
 - o - Mastering Online Facilitation Skills
 - o - Live Class - Bringing it to Life - Prep with the Team
 - o - Live Class - Online Global Breathwork Class
 - o - Live Class - Bringing it to Life - Debrief
 - o - Live Private 1:1 Session with Teodora
 - o - When Sh*t hits the Fan!
 - o - Mastering Your Skills - The Challenge

*Learn from the Best in the Industry.
Expert Facilitators. Amazing Resources.
Over 200 hrs learning. Practical 1-1 & Group Coaching.*



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



- 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

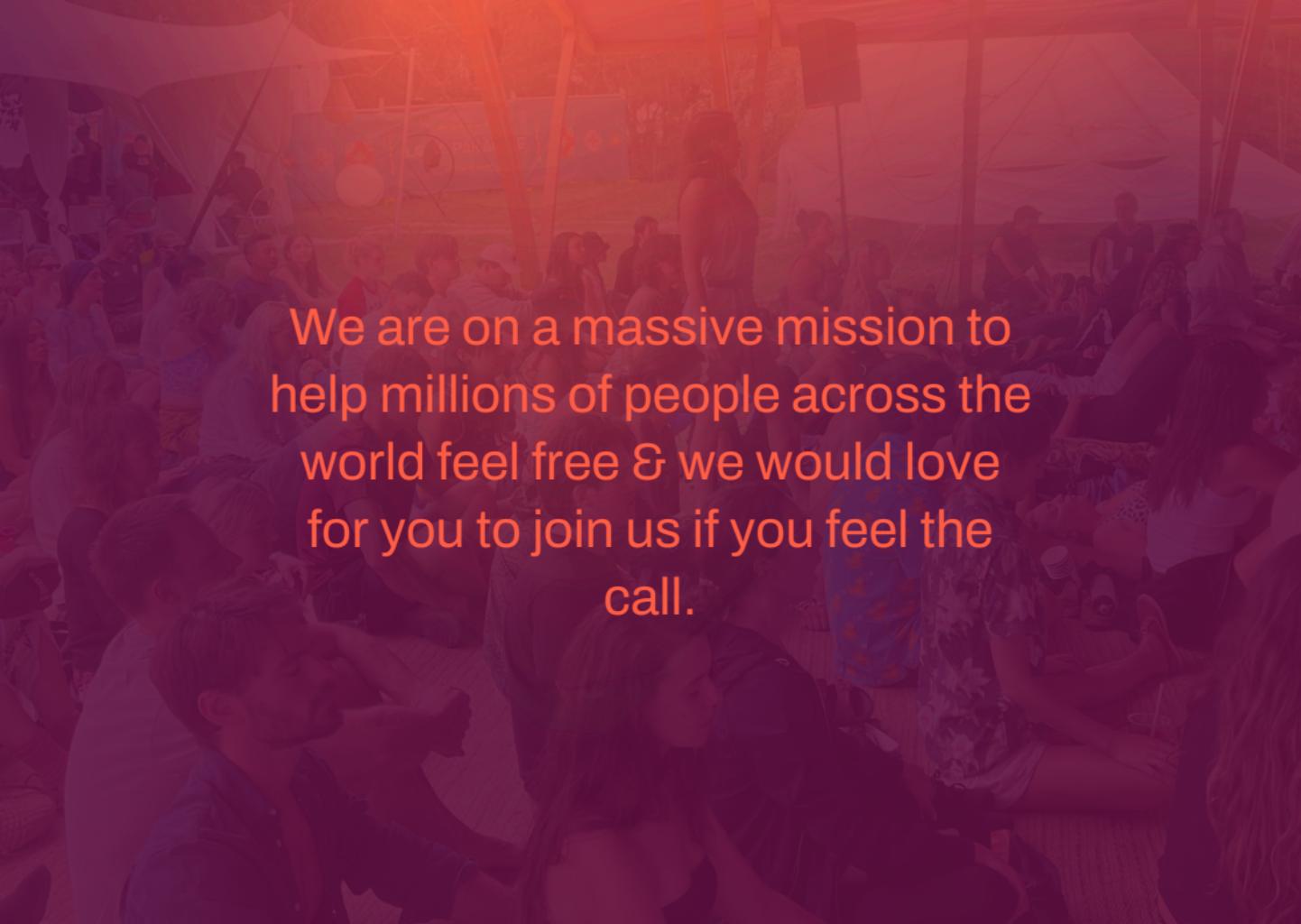
Important Dates:

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, diverse crowd of people is gathered outdoors, possibly at a beach or a festival. The scene is filled with people of various ages, some sitting on the ground, others standing. The background is a bright, overexposed sky with some structural elements like poles and a banner visible. A prominent red gradient overlay covers the entire image, transitioning from a darker red at the bottom to a lighter red at the top.

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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