

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.

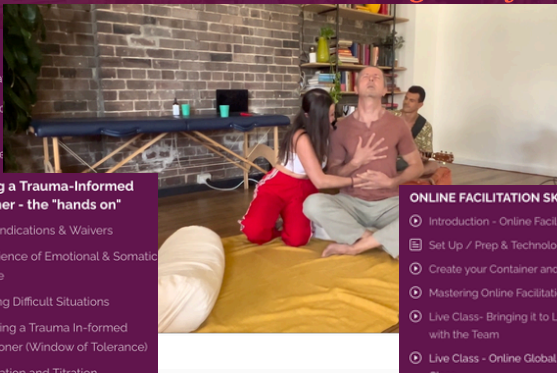
*A Sneak Peak Inside the Learning Platform*

## Functional Breathing

- Intro to Functional Breathing
- Anatomy, Bio-Mechanics & Chemistry
- Basics of Nervous System
- Correcting Self Reflex Measurement
- What we do as Facilitators
- 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 Nervous System
- 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

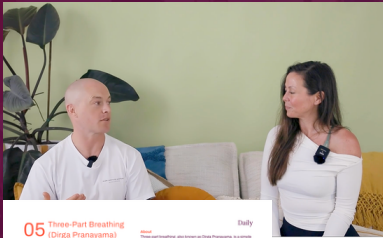
## ONLINE FACILITATION SKILLS

- 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
  - Touch & Unwinding the Body with Oshen
  - Experiencing "all of me" - finding freedom with Danielle (1)
  - Pace & Rhythm of Informal Breathwork
  - Creating Safety to Feel Free with Dee
  - Integration with Dee - feeling to be me
- 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

# 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** Daily

**About**  
Three-part breathing, also known as Dirga Pranayama, is a simple but powerful breathing technique that focuses on the flow of air through the nose. The expansion, contraction, and release of the diaphragm through the nose, full stomach and in other ways.

[Complete Lesson](#)

**Three-Part Breath Script** Daily

**Preparation**  
• Find a comfortable position. Sit or lie down in a comfortable position. Close your eyes.

**Step 1**  
1. Inhale through the nose for 4 counts.

**Step 2**  
2. Hold the breath for 4 counts.

**Step 3**  
3. Exhale through the nose for 4 counts.

**Step 4**  
4. Repeat steps 1-3 for 10 cycles.

**Coherence Breath Script 5:5** Daily

**Preparation**  
• Find a comfortable position. Sit or lie down in a comfortable position. Close your eyes.

**Step 1**  
1. Inhale through the nose for 5 counts.

**Step 2**  
2. Hold the breath for 5 counts.

**Step 3**  
3. Exhale through the nose for 5 counts.

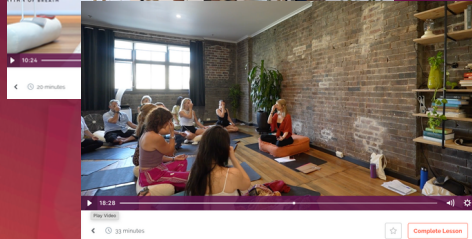
**Step 4**  
4. Repeat steps 1-3 for 10 cycles.

**Polyvagal Theory**

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

Developed by Dr. Stephen Porges, the Polyvagal Theory provides a complex 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.



**18:20** [Complete Lesson](#)

# 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

**Wednesday 22nd April**

## Important Dates:

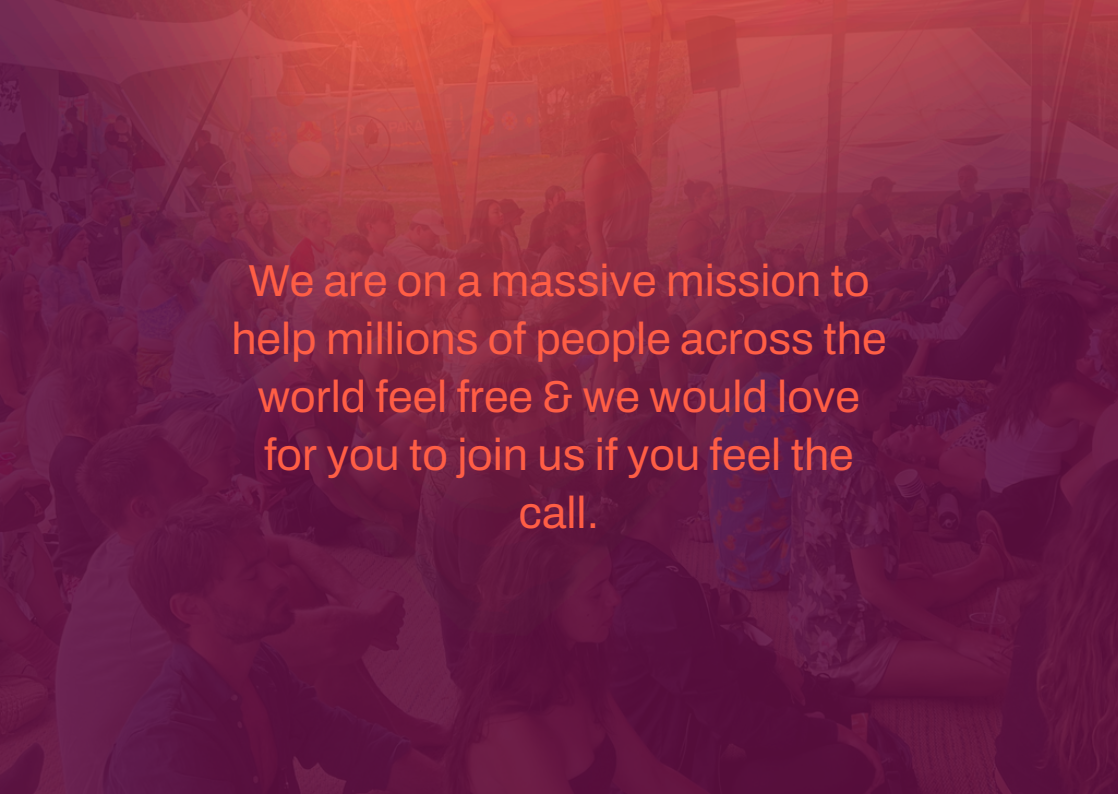
**ONLINE** - Most Wednesday evenings 6:30-8:30pm  
zoom AEST (all calls recorded)

Phase 1 - April 22 - 6th May

Phase 2 - 6th May - 27th May

4 day immersion (face to face in Sydney) 15-18th May

Phase 3 - 27th May - 17th June

A large crowd of people is gathered under a tent structure, overlaid with a semi-transparent orange filter. The text is centered in the middle 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/](https://rhythmofbreath.com.au/facilitator-training/)

*Questions? Contact the Team.*

*Ask about our flexible Payment plans.*

*Immediate access available.*

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