

Rhythm of Breath

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A group of people are sitting in a yoga studio, participating in a class. They are arranged in rows, sitting on mats. In the foreground, a large, round, wooden drum is visible. The room is decorated with several large, white, spherical paper lanterns hanging from the ceiling. The walls are made of wood, and there are plants in the background. The overall atmosphere is calm and focused.

Welcome Pack
Everything you need to know



Step into a space of transformation

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We are thrilled you have chosen to take this journey in becoming a certified Rhythm of Breath Facilitator. There has never been a more important and potent time for you to step into working with breathwork and guiding transformational experiences for your people.

By the end of this program, you will be well on your way to facilitating change and transformation for your community through the power of breath and body wisdom. I want you know the potential impact you can make for yourself and others with this work is enormous. You have the opportunity to help people literally change their lives and I am so excited to see how you are going to take it into the world.

Take a few breaths and relax into the fact you are about to create some big change and contribute to a brighter future for all those you work with. Take a look at the pre-course checklist below and get prepared for your journey ahead. Let us know if you need help with anything.

With Love, here for it all..

Lynsey & Team x

Precourse *preparation*

01

Begin the recommended reading:

- Breathe - James Nestor
- Body Keeps the Score - Bessel Van der Kolk
- Holotropic Breathwork - Stanislov Grof
(available for free on you tube)

05

Allocate additional time for:

- Your own personal journey
- Your own daily breathwork practice
- Phase 1 - online self paced learning i
- Phase 2 - consideration of time away from home
- Phase 3 - online self paced learning
- Deeply immersive 1-1 & group sessions

09

Watch as much of Phase 1 as possible including welcome video

- Kajabi

02

Download and create accounts for platforms:

- Whatsapp
- Zoom
- Spotify
- Kajabi App
- Kajabi platform

06

Book accomodation for immersion dates if required

10

Prep (& Book in if possible) practice participants private sessions & group sessions for Phase 3 (Essential for your certification process)

03

Purchase a journal and high quality headphones

07

Create your space & container for your own journeys

11

Prep & Seek support from your family/ friends

04

Schedule Key Dates:

- In-person online sessions
Thursday evenings through out the course
- 4 Day Immersion

08

Test access online self paced learning & have a look around once you've received log ins

- Kajabi
- Test Kajabi app - you will use
- this most

12

Please return our signed & completed waiver form to us also confirming any dietary requirements or special needs ahead of Immersion

Our *approach* at Rhythm of Breath
transcends the limits of talk therapy
& *creates safe, fast & powerful*
transformation for our people

– Lynsey Chan

KEY DATES

Course Officially Begins

Phase One

Begin your own personal journey, learn the foundations experience a variety of breathwork techniques and build a daily practice.

Phase Two

Learn and practice the Rhythm of Breath model, develop & practice your skills as a trauma-informed Facilitator to a real group. Learn how to work 1-1 and work with specific issues safely. Personal work deepens.

Phase Three

Get ready to practice, practice practice, give and receive feedback, build your skills and confidence around breathwork and building your brand and business. Getting ready to take it to the world.

10th September - ONLINE CLASS

Online sessions
Thursday Evenings - 6:30pm-8:30pm - we aim to complete 8:30pm AEST each week

17th September - ONLINE CLASS

2-5 October - 4 DAY IN PERSON IMMERSION

4 day in person immersion - CHIPPENDALE, (NEAR SURRY HILLS)
9:30-5pm daily

15 October - ONLINE CLASSES RESUME - WEEKLY

Weekly sessions online - Thursday Evenings Resume

19th October

Presentations - Online

26th October

Certification & Celebration, next Steps & Support. Final Class.

Certification: *The process*

We have tried to create certification simple and with as least paperwork requirements as possible. The below may feel like a lot, but it is all fairly organic with the flow of the course.

Essential



Attendance to 80% of in-person sessions & all of 4 day immersion



Completion of 5 x 1-1 Private sessions & Evaluation Forms uploaded to Kajabi



Completion of running 2 x Group Sessions (min 2-3 pax) no documentation required just feedback in What's app group chat / class



*80% pass of all Course Quizzes



10 minute group informal presentation online - personal journey, key learnings



Completion of 80% of course lessons



Displayed Rhythm of Breath Values & Commitments throughout the course



Feedback in Kajabi for the program

Optional



High level business plan including 3 month goals

Optional



Sharing on social media / in your community your intentions for business

Commitments

We have put our heart and soul into this training to create such an in depth course, there is a lot of years of learned experience shared and we are excited to share everything we know with you openly.

We ask that you do not share any of Rhythm of Breath's IP, including course log ins, resources and handbook unless given permission.

We ask that you commit to being a high vibe human and to honour our values.

Take some time to plan ahead with your schedule so that you can allow yourself to be fully immersed in this experience of learning and personal growth.

Be open to receiving a deep personal journey for yourself, the more you connect with the work as a participant, the more powerful your work will be as you teach.

We are in a group learning container where feedback, input, respect and general good vibes is necessary for growth. Remember that your presence and contribution is extremely valued as we are co-creating this space together.

We are comitting to about privacy of each others experiences and clients we may discuss in the container for the purpose of growth.

Our vision is to grow Rhythm of Breath to help many humans across the world be free. We would love your support in growing our collective vision and brand by honoring where your teachings have come from as you share the work.

Platforms

Please make sure you have downloaded and are familiar with basic use of the below platforms so you are comfortable navigating them before the course and you can focus on your learning.



01 Zoom

Online in person sessions will take place on Zoom:
Zoomroom: <https://us02web.zoom.us/j/2302133939>
Passcode: breath (all lowercase)



02 Kajabi platform & Kajabi App

Online self- paced learning will be through Kajabi
which you will soon receive log ins for



03 Whatsapp

Our community chat and support group will be in
Whats App. You will receive an invitation to join closer
to our launch date.



Logistics - The Immersion

01 The Venue

Our Sydney venue is in a cool warehouse vibe studio, 204/27-39 Abercrombie St Wellington St, Chippendale (this is near Surry Hills) we are going for rustic this time!

04 Workshop Times

Our workshop times are 10-4:30 daily with 1 hour for lunch. Please arrive 9:45 at the latest daily so we can have a sharp start for everyone at 10..

06 Catering

Catering is not included, but morning tea and afternoon tea catered for as well as snacks throughout. There is a cofe in the building and supermarket and restaurants within walking distance . We also have some basics for the kitchen. Feel free to make yourself at home, the space is ours for the full 4 days.

02 Parking

All day parking is available for \$30
https://en.parkopedia.com.au/parking/carpark/the_u..

05 Accomodation

As this is a non-residential workshop (no accomodation) you are required to organise your own accomodation for your 4 day immersion. Recommendations on reasonably priced accomodation are available if required.

The *journey* of a thousand miles
begins with *one* step.

- Lao Tzu

Rhythm of Breath

RELEASE & WAIVER FORM Group & Private Sessions

Name: _____ Contact Number: _____

Email Address: _____ Emergency Contact: _____

For the purpose of the Release and Waiver, the term “Releasees” shall refer to any or all of:

I _____ (“the Releasor”), understand and acknowledge that the discussions, consultations and session(s) I have with Lynsey Chan the Releasee: a)are not intended to replace any relationship with medical or primary health care provider(s); b)are not intended to constitute medical advice or any substitution for medical care; c)are not intended to be relied on for prescriptions, recommendations, diagnosis, or treatment in relation to any health problem or disease; d)may include **physical touch designed to support me in my journey, and/or essential oils**, and that I have the right to refuse touch by using the word ‘stop’.

I understand that if I am taking any medications or have any medical conditions such as, but not being limited to: **schizophrenia, bi-polar or manic disorders, epilepsy, heart conditions, pregnancy, or serious cardiovascular issues, high/low blood pressure, asthma, COPD, serious eye conditions**, that I must advise Lynsey Chan. I also understand that even though I have been accepted as a participant, I am responsible for any consequence resulting from our session together.

I understand and acknowledge that I am responsible for consulting my primary health care provider or a medical doctor in the event that I have or am suspect to have a health problem.

I am encouraged by Lynsey Chan to make my health care decisions in partnership with my medical doctor and/or primary health care provider(s) on the basis of my own research regarding the effectiveness of any of the services offered by Rhythm of Breath and the importance of diet, exercise, supplementation, stress management and emotional and mental work.

I am acting on behalf of myself, and hereby release the Releasees from any actions, causes of action, complaints, claims, damages, costs and expenses of any kind with respect to or arising out of any the discussions, consultations and/or any Rhythm of Breath Group or private session(s) I have had or may have with any of the Releasees now and forever.

I agree to allowing the occasional video or photograph to be taken of me to be published as part of attending any events. It is my responsibility to let the facilitator know if I have a problem with this at the event, in so doing my wishes will be fully respected.

Releasor name: _____ Date: _____

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CONTRAINDICATIONS - CHEAT SHEET

TRANSFORMATIONAL BREATHWORK & BREATH RETENTION

Strong contra's - do not proceed

Schizophrenia, bi-polar or manic disorders, any other psychiatric condition, epilepsy, history of seizures hearing conditions, pregnancy, or serious cardiovascular issues, abdominal or hernia issues, COPD, serious or recent eye conditions, recent history of surgery, actively using recreational drugs or medication that alters brain chemistry

Proceed with **CAUTION** or **Gentle Approach**

High/low blood pressure, asthma (make sure to bring inhaler), history of stroke, heart conditions, severe anxiety or panic attacks, recent physical injury, Thyroid condition, Diabetes – (bring your glucose)

Any other medical, physical or psychiatric condition which would impair or affect the ability to involve in deep physical and emotional release.

Make sure all participants consult their GP or medical professional if they or you are unsure before proceeding with any forms of activating breathwork. It is your responsibility as a Facilitator to educate of the above contraindications and

Contact *us*

lynsey@rhythmofbreath.com.au

rhythmofbreath.com.au

[rhythm_of_breath](#)

+ 61 420 459 776