

Rhythm of Breath

OVERVIEW & CURRICULUM

# Breathwork Facilitator Training

*We are revolutionising how we do healing and transformation.*

# Why this training is different

*The Rhythm of Breath method is built for depth, not for speed.*

**01**

## **Trauma-informed at the core**

Every module is grounded in polyvagal theory, window of tolerance and real nervous system science.

**02**

## **Three styles of breathwork**

Functional, Daily and Transformational, so you've got range for whatever a client brings you.

**03**

## **Coached the whole way**

Real 1-1 feedback across all 12 weeks, from facilitators who've actually done the work.

**04**

## **A complete system**

The Rhythm of Breath Method carries clients through the full arc of change, session after session.



## Who this training is for

- ✓ You want to facilitate breathwork professionally
- ✓ You're already working with people, as a coach, yoga teacher or therapist, and want a modality that gets real results
- ✓ You've done your own healing work and you're ready to hold space for others
- ✓ You want to build an actual career from this, not just a certificate
- ✓ You're ready to be coached through the process, closely

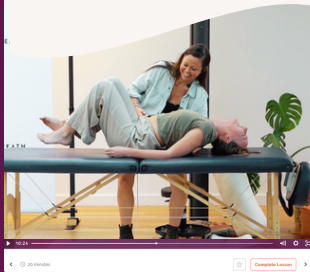
# The learning journey

12 weeks. 3 phases. One clear path.

## PHASE 01

### Foundations

Functional breathing, nervous system science and trauma-informed practice, built live online.



## PHASE 02

### Immersion

4 days in person in Sydney.  
Live facilitation practice, demonstrations, hands-on coaching.



## PHASE 03

### Integration & Mastery

Online facilitation skills, 1-1 practice sessions, and certification.



# Inside the curriculum

*Four modules. Everything the program covers.*



## Foundations

- Intro to functional breathing
- Anatomy, bio-mechanics & chemistry
- Basics of the nervous system
- Assessing & Correcting the breath
- Practice over 25 Daily techniques including pranayamas
- Pacing & stacking techniques
- Understanding needs and prescribing clients



## Becoming Trauma-Informed

- Intro to functional breathing
- Anatomy, bio-mechanics & chemistry
- Basics of the nervous system
- Assessing & Correcting the breath
- Practice over 25 Daily techniques including pranayama's
- Pacing & stacking techniques
- Understanding and prescribing clients needs



## Immersion Demonstrations

- Handling difficult situations
- Window of tolerance in practice
- Listening to the body & belts of tension
- The power of enquiry
- Full sessions on letting go
- Touch & unwinding the body
- Pace & rhythm of transformational breathwork
- Integration Practices



## Facilitation Skills

- The art of space holding
- Design personalised breath programs for your clients
- Holding powerful transformational session
- Leading 1-1 & group sessions
- Working with Sound & 6 Supporting Elements
- Breakthroughs-v-real Transformation
- Developing confidence
- Live class prep & delivery
- Ethics & self-care
- The business mastery challenge

# Learn from the best in the industry

Expert facilitators. Over 200 hours of learning. Practical 1-1 and group coaching.



**Lynsey Chan**

*Founder & Lead Facilitator*

Lynsey is the Founder of Rhythm of Breath. With a background in Psychology and over 20 years in the corporate world, she has a long history of designing and delivering leadership, wellness & learning solutions, as well as a background in coaching to help leaders and corporates maximise human potential and performance.



**Fiona Noonan**

*Pranayama, Kundalini & Lead Facilitator*

Fiona is a 500hr trained yoga teacher, specialising in Hatha, Yin & Kundalini, she is a Retreat Facilitator and specialises in combining Pranayama with other modalities. Fiona is also a Health and Nutrition Coach as well as teaching various other Wellness modalities.



**Trudi Bannister**

*Holistic Psychologist, Psychedelics Assisted Board Member, Mind Medicine Australia*

Trudi is a psychologist and facilitator of psychedelics and breathwork integration. Passionate about training the next generation of practitioners, she teaches trauma-informed space holding, nervous system awareness, and the art of supporting participants to deeply integrate transformational experiences into lasting change.



**Chris Sulfa**

*Lead Facilitator*

Chris is a multi-certified Breathwork Facilitator focused on stress management and resilience. He is also Head Breath Coach at One Playground.



**Timmy Noad**

*Performance & Breathwork Instructor*

Timmy is an Advanced Breathwork Instructor holding multiple Breath Science Certifications, including Oxygen Advantage Advanced Instructor and XPT Performance Breath Coach.



**Jackie Verinder**

*Bodywork & Breathwork Instructor*

Jackie is an advanced Breathwork Facilitator, Jackie has a deep love for the wisdom of the body and works with her clients to help them reach optimal performance through life."



**Imogen Carn**

*Somatic & Breathwork Facilitator*

Imogen is a Somatic and Breathwork Facilitator with a deep interest in nervous system regulation. She also works as an educator and business manager for Rhythm of Breath.

# Our graduates journey

*Real facilitators, real results.*

## The Psychologist - From mind to the whole person

Subin was a trained psychologist and very cognitively focused. Our client-led, body-listening approach felt almost counterintuitive at first. Through the training, he began to notice how much the body holds, how slowing down and not directing opens something deeper, more authentic. His own experience shifted something personally, as well as transformed his professional lens. He now integrates somatic healing and breathwork alongside psychology, in every single session.

"I would highly recommend Rhythm of Breath to anyone interested in personal growth or learning to facilitate breathwork in a safe, ethical, and trauma-informed way"

**SUBIN MATHEWS**

## The Veteran - Transforming PTSD

Bill was an Afghanistan vet, years later, PTSD led him to a suicide attempt. He discovered somatic healing modalities and meditation which soon led him to breathwork and to us. It changed his life. Bill now spends his time sharing this work with other vets to transform there's.

"Trust is the thing that stood out for me straight away – trust between Lynsey, the facilitators, and the students. This training has put me in a really good, steady place and given me the confidence to take the next step in supporting others – particularly veterans and blue-light workers – in a way that feels safe, responsible, and authentic."

**BILL BLAIKIE**

## The Pilates Instructor - Up-levelling her business

Natasha came to us early in her career and as a young business owner has built confidence in not only her facilitation but her value in helping others. "When I found Lynsey and the Rhythm of Breath Facilitator Course online, I felt a pull of curiosity alongside a whole lot of self-doubt. This course is incredibly in-depth, held in the warmest container, and led by a team whose knowledge, authenticity and heart shine through everything they do. Doing this course has been a genuine personal transformation. Being certified by Rhythm of Breath is something I am genuinely proud of, and I couldn't be happier with the decision to complete my training with them."

**NATASHA VOUDOURIS**

## The Health Practitioner - Rethinking Autoimmune

"Following my auto-immune disease and rejection of my body, Rhythm of Breath has completely changed the way I understand healing, the nervous system, and ultimately myself. Instead of asking what's wrong with me, I began asking what is my body trying to tell me. Healing isn't about forcing ourselves to let go. It's about creating enough safety that the body no longer needs to hold on so tightly. One of the biggest changes I've noticed hasn't just been in my understanding of breathwork. It's been in my confidence, not only as a facilitator, but as a person. It has completely changed how I work with my clients and I'm already seeing so many changes in my practice "

**ALYSSA NICHOLS**

# What happens once I'm certified?

- ✓ Fully competent working 1-1 and holding group spaces
- ✓ Rhythm of Breath is recognised with IPHM, a globally recognised training provider, so you're eligible to register with them if you wish
- ✓ You've done your own healing work and you're ready to hold space for others
- ✓ A pathway available to become a fully insured breathwork facilitator
- ✓ You can teach and charge clients as soon as you're certified
- ✓ Ongoing growth through our Global Alumni Community



# Pricing & Payment Plans

*Your investment, two ways to make it happen.*

## FULL PROGRAM

**\$5,350**

INC GST · PAID IN FULL

Pay once and you're fully enrolled, no further payments through the program

FLEXIBLE

## PAYMENT PLAN

**\$5,550**

INC GST · SPLIT ACROSS 3 PAYMENTS

- \$850 Deposit upfront
- Payment 2 & 3 Due before end of August

Once we receive your full payment or deposit, you'll get your Welcome Pack, onboarding, and access to Phase 1 so you can start straight away.

# The logistics and schedule

*Everything you need to know before you apply.*

NEXT PROGRAM INTAKE BEGINS

## Thursday 10<sup>th</sup> September



Most Thursday evenings, 6:30–8:30pm AEST via Zoom.  
Every call is recorded, so you'll never miss a session.

### PHASE 01

10 Sept – 26 Nov

Foundations, built live online.

### PHASE 02

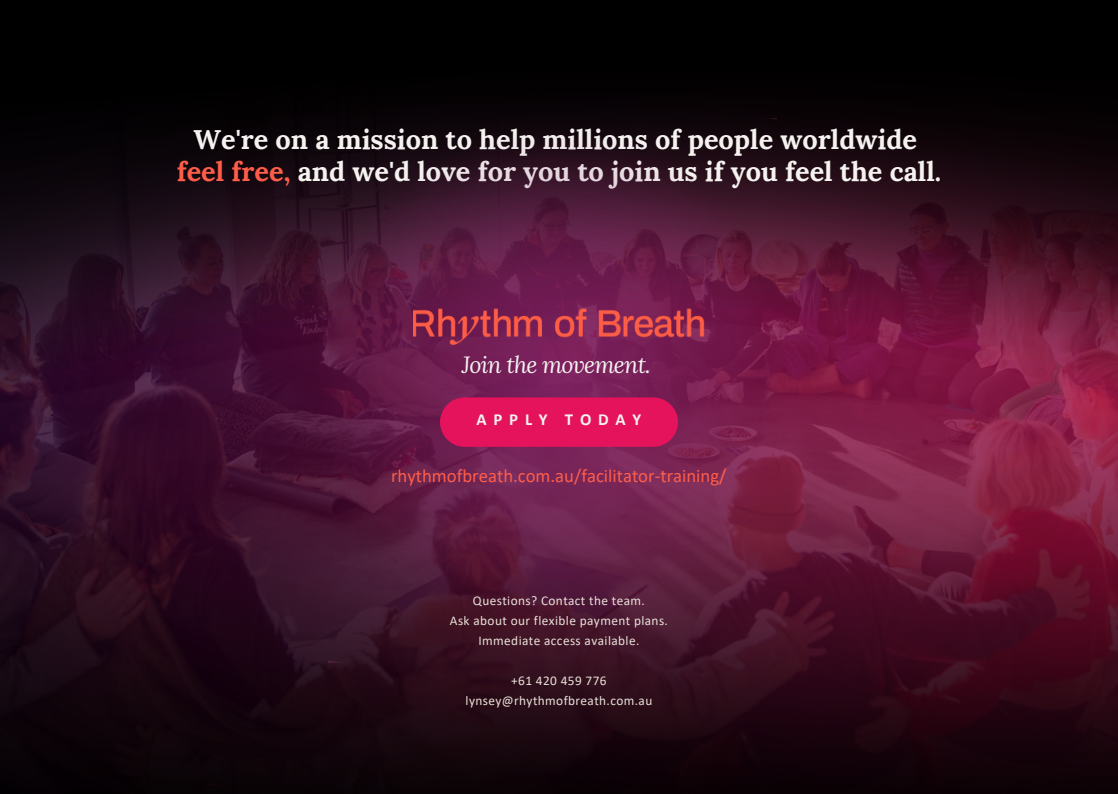
2 – 5 Oct

4-day immersion, face to face in  
Sydney.

### PHASE 03

6 Oct – 26 Nov

Integration and mastery.  
Live online.



We're on a mission to help millions of people worldwide  
**feel free**, and we'd 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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