



**Inspired Breath
Practitioner Training in Breathwork –
a Body Oriented approach.**

September 2019 - 2022

Five 10 day residential modules over three years

**First Module: New Eden, Leeuwarden,
Netherlands.**

**A Professional Practitioner Training designed to
meet the requirements of the Australian
Breathwork Association and aligned with the
training standards of the Global Breathwork
Training Alliance.**

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INSPIRED BREATH

Life is the time between two breaths – the first and the last. In between, embodied consciousness presents us with the experience of being alive....

In between times, each in-breath recapitulates the issues surrounding our incarnation and each exhale if conscious, prepares us for release from the body and return to the Source. Most of us rarely breathe consciously and hidden in our unconsciousness of how breath moves through us, lies our karma.

By changing our focus and bringing awareness to how we breathe and how we feel at any particular moment, patterns of contraction, fear, incompleteness – the full isolation of our personality from Spirit can gradually be released.

From earliest times breath has been used as a path to self-knowledge, healing, meditative awareness and transcendence. Many different forms of yoga, martial arts and shamanic pathways have been concerned with the vital and profound influence of the breath on human experience.

This 50 day training is designed over 3 years to train participants in the contemporary healing arts of Breathwork and cellular memory release.

Properly understood and practised, these arts prepare the physical, emotional and mental bodies for transcendent experience. While these practices prepare us for this possibility, the experience of transcendence as such is always a gift of grace.

Structure

The program will be taught in five ten-day modules. The work is taught holistically, moving between practise, personal experience and theoretical formulations. Some areas of study will unfold sequentially at deeper levels through each module. Emphasis is on personal growth and professional development.

In addition to classroom hours, students will be required to undertake supervised practise. An ongoing mentoring program will be provided throughout the training. There will also be opportunities for senior students to assist at Breathwork Retreats for additional experience in working with groups and observing individual processing.

At the successful completion of three modules, students will be accredited as Student Practitioners, where they can work with members of the public under supervision.

Practicum

This is the “hands on” portion of the training. Both during and between modules participants will learn to guide others through their breath journeys. Attention will be given to issues concerning practitioner/client interactions.

Over the course of the residential training, the student will participate in at least 20 sessions as “sitter” and 20 sessions as “breather”.

Frequently asked questions

Do I need to have experience in Breathwork before I enrol in the training?

Generally yes, although exceptions are possible, for example someone who has had experience in modalities such as primal therapy, bioenergetics, bodywork and TRE (Trauma Release Exercises) could receive favourable consideration.

Why don't you require any entry qualifications?

What is most important is the quality of the personhood that the applicant brings to the program rather than specific formal qualifications. We actually do screen people for suitability before they enter the program, but the criteria focus on their personal qualities. They have much more to do with a person's

calling to the work, their readiness to go into a profound healing process as part of the program, and an assessment of their capacity to be with others in profound healing spaces.

Why is the work taught in modules?

Currently the program is taught in five ten -day modules in a residential setting. This allows a deep descent into the process undisturbed by the normal demands of everyday life. Using specific accelerated learning techniques, the work can be learnt and experienced at intellectual, experiential and organic levels.

What is the total number of hours involved in the training?

If we include:

1. Face to face learning
2. Reading and Research Reports
3. The external elements of the practicum: sessions conducted under supervision outside of the training modules, the course totals in excess of 500 hours.

Can I develop a practice?

Many participants enter with the intent to use the skills they gain through the program as professionals. In addition to being competent in the work, developing a practice is essentially developing a small business.

We introduce many key concepts in this area as part of the training and participants are encouraged to further learn the full range of skills for the development of a successful small business.

Is there a demand for this work?

Yes, many graduates have established successful practices; some of them combined with other healing modalities.

If I don't plan to develop a practice, can I still do the program?

Some people choose to undertake the Breathwork training for the enormous personal benefits they experience as they go through the training program. Additionally the program teaches the skills that are necessary to become a competent practitioner.

How do I enter the program?

By attending the retreat and having an initial phone conversation with the principal trainer.

When can I enter the program?

Through arrangement with the Trainer it is possible to enter the training in Modules 1, 2, 3, or 4.