

Accredited Breathwork
Practitioner and
Qualified Breathwork
Trainer



My mission is to understand each client's unique story and in doing so, help them challenge and transform limiting beliefs about who they are and how the world is. I do this by providing professional and leading-edge Breathwork Therapy, Training, and other forms of support.

I have been involved with Breathwork since 2011, when I completed the Breathwork Practitioner Training with Bronwyn Barter.
(Breathwork Training Australia)

It has now become a passion and a privilege to be working with others with their deep inner work by assisting them with their personal healing and evolution - moving from a life of fear, trauma and drama, and moving into one of personal strength, inner-peace, resilience and harmony.

I provide a safe, supportive and practical program that works on discovering your own **Power Within**, through self-discovery, bringing clarity and awareness to your own life experiences. Using Breathwork as the basis for inner healing, this highly immersive training works on the Physical, Emotional, Mental & Spiritual Self. The Training will also provide you the option to become a Breathwork Practitioner so that you can assist others with their own healing journeys.

MIND PEACE BREATHWORK
&
THE POWER WITHIN
BREATHWORK TRAINING

www.breathworksa.com.au



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THE POWER
WITHIN
BREATHWORK
TRAINING

***Harness your
Personal Evolution***

*Get from where you are,
to who you want to be*

*A journey of Self-discovery,
clarity & personal awareness to
become more authentic,
balanced and resilient.*



Reach a new level of personal presence, knowing and healing with Breathwork Therapy!

Learning how to stand more in your own power is one of the greatest gifts you can give yourself!

Whether your intention is to become a qualified Breathwork Practitioner, or to further your own personal evolution, the **Power Within Breathwork Training** is designed to achieve both outcomes!

This highly immersive training works on our own Physical, Emotional, Mental & Spiritual self. In this process we assist in healing the healer to ensure we are clear ourselves around issues we have encountered in our own life journey, with the option to become a Practitioner to assist others with their healing journeys.

The Power Within Breathwork Training involves over 200 hours of face-to-face facilitation, education and practical processes. These are divided into weekend modules (Friday evening, all day Saturday & Sunday) usually spread over approx. 9 months. Each weekend covers a different key topic, and how Breathwork can be used to work with clients around that topic. There is also an opportunity between each training weekend for an additional group Breathwork session for further training and experience.

Follow your heart and your soul, and invest in yourself with **The Power Within Breathwork Training**.

THE TRAINING

- Module One: First Steps** - Logistics of the Training; Personal responsibility; worthiness; working with change; Breathwork processes
- Module Two: Effects of Conception & Birth** - Understanding trauma around conception and birth; birth and its effects on the child & adult psyche,
- Module Three: Parental Disapproval Syndrome** - Effects of parents on childhood; patterns of relationship; 4 Emotions of self-conscious affect; co-dependence
- Module Four: Education** - Effects of the Education experience on the child and adult; learning styles; bullying; Perfectionism; 'Don't Fit In' syndrome
- Module Five: Fear** - What is fear; how fear is demonstrated in the body; how it can control our life; reality & fear; trust; outdoor activity
- Module Six: Money** - Parental attitudes and influence about money; our relationship with money; prosperity consciousness; guilt & money, cultivating meaningful work
- Module Seven: Sex & Relationships** - Purpose of relationships; patterns of attraction, projection & manifestation; Sexuality; working and healing on sexual abuse; warm water Breathwork
- Module Eight: Death & Spirituality** - Death & aging; Understanding and working with the grief process; what defines Spirituality, cold water Breathwork
- Module Nine: Completion** - Life purpose; review of training; becoming a Breathwork practitioner; professionalism, ethics and confidentiality requirements; graduation!

The Training Fee includes:

- ◆ Over 200 hours of face-to-face group training
- ◆ All training manuals, handouts and other resources
- ◆ Minimum of 9 Breathwork sessions as part of the training program
- ◆ Up to 8 additional Breathwork sessions (subject to Group availability)
- ◆ 3 out-of-classroom activities
- ◆ Light refreshments throughout each training day
- ◆ 1 lunch each training weekend (1 lunch each weekend is a communal contribution to share)
- ◆ All venue costs
- ◆ Ongoing Mentorship for new Practitioners

Payment Plans are available. Please ask for options.

Training Fee does not include: transportation costs to/from training venue/s, any accommodation costs (if required), costs of personal choice or nature.