

## David Reed

Accredited Breathwork Therapist  
(Cert IV in Health - Breathwork)

Qualified Breathwork Trainer



*My mission is to understand each person's unique story and in doing so, help them challenge and transform limiting beliefs about who they are and how the world is.*

I have been involved with Breathwork for over 10 years, and it is a passion and a privilege to be working with others with their life-changing deep inner work - assisting them with their personal healing and evolution. This course helps to transition from a life of fear, uncertainty, trauma and drama, and move into a life of personal strength, inner-peace, resilience and harmony.

Using Breathwork Therapy as the basis for inner healing, this highly immersive training works on the Physical, Emotional, Mental & Spiritual Self.

I provide a safe, supportive and practical program that works on realising your own **Power Within**. We work together to assist in bringing awareness, clarity and resolution to your life experience through sharing practical information on key aspects of our life, some profound processes, and with shared laughter, love and tears!

The Training also provides you the option to become a qualified Breathwork Therapist so that you can assist others with their healing journeys.

I am honoured to be sharing this life-changing training with you!

## MIND PEACE BREATHWORK THERAPY & THE POWER WITHIN BREATHWORK TRAINING

[www.breathworks.com.au](http://www.breathworks.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 !*

Your personal power lies in sharing your authentic Self to the world. To do this it is necessary to learn and understand about your past, how it is affecting you in the present, and resolving anything to free you for your future.

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

The **Power Within Breathwork Training** involves over 200 hours of face-to-face facilitation, education and practical processes.

These are divided into 9 weekend modules covering different key topics, and how Breathwork Therapy 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.

Each Training is limited to a small group, to allow for a more personal and supportive experience for each participant. Whilst presented in a casual atmosphere, the course maintains an intensity of learning as well as allowing time between each weekend for integration and avoiding overwhelm.

**Harness your Personal Evolution with  
The Power Within Breathwork Training.**

# THE PROGRAM

- Module One: First Steps** - Logistics of the Training, Vulnerability, Personal responsibility, Worthiness, Barriers to change, Emotions, Self-talk, Breathwork processes
- Module Two: Effects of Conception & Birth** - Understanding conception and birth trauma, Effects on the child & adult psyche, Working with birth re-enactment, Integrity
- Module Three: Parental Disapproval Syndrome** - Effects of parents on childhood, Relationship patterns, 4 Emotions of self-conscious affect, Forgiveness, Co-dependence
- Module Four: Education** - Effects of the Education experience, Learning styles, Bullying, Perfectionism, Creativity, Parental influence, 'Don't Fit In' syndrome
- Module Five: Fear** - What is fear, How fear is demonstrated in the body, How it can control our life, Courage, Reality & fear, Trust, Fear & Breathwork, Outdoor activity
- Module Six: Money** - Parental attitudes and influence, Prosperity consciousness, Sufficiency, Our relationship with money, Emotions & money, Ethics vs Morals, Cultivating meaningful work, Benefits of Charity & Volunteering
- Module Seven: Sex & Relationships** - Purpose of relationships, Patterns of attraction, projection & manifestation, Sexuality, Working and healing on sexual abuse, Co-dependence in relationships, Warm-water Breathwork
- Module Eight: Death & Spirituality** - Death & aging; Working with the grief process, What defines Spirituality, Past-Life Regression, Cold-water Breathwork
- Module Nine: Completion** - Life purpose, Review of training, Becoming a Breathwork practitioner, Professionalism, ethics and confidentiality, Client treatment Strategy, Final Process & Graduation!

### The Training Fee includes:

- ◆ Over 200 hours of face-to-face group training
- ◆ All training manuals, handouts and other resources
- ◆ Minimum of 8 Breathwork sessions as part of the training program
- ◆ 3 out-of-classroom activities
- ◆ Up to 8 additional Breathwork sessions *(subject to Group availability)*
- ◆ Light refreshments throughout each training day
- ◆ 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.*