



ALCHEMY
of BREATH

ALCHEMY OF BREATH FACILITATOR TRAINING

*If you feel called,
you probably are...*

There are many different modalities to choose from to further one's personal development, but those who have chosen the Alchemy of Breath Training agree there isn't another way that is so immediate, thorough and complete.

In order to be ready to work with the myriad of possibilities that may occur as a facilitator, you will need to offer your complete presence to the person or people that are breathing under your care. This is why this training not only involves learning about the techniques you will need to facilitate breathwork, but is also about, enquiring, identifying and resolving all the things that interfere with your ability to be fully present.

The program that we have designed over years of teaching is unique because it is focused on you as an individual - we will work together to develop your own particular strengths. Likewise, we will also work to heal the parts of you that need your attention and love. When you conquer your biggest challenge you can bring your greatest gift to the world. That is the process we undertake together, not just you, I and the faculty, but all the students together as a team and community. You will discover the tremendous resources that lie inside you in your subconscious, as well as develop new sensitivity and awareness of the super-conscious, so that you can offer the safety that a breather needs to get the most out of their experience.



WHY ALCHEMY OF BREATH?

Alchemy of Breath is not just a teacher training, but a belief in hope for humanity. We know from our own experience that the best way to change the world is to work from the inside out. In order for a Facilitator to be of quality, you must be committed to work on yourself.

THE JOURNEY

You are a unique human being, and the journey you have traveled is a fundamental part of who you are. We don't want you to learn mechanically or be a carbon copy of anyone else. You are therefore encouraged, supported and guided through your own inner journey of preparation. We want you to be committed to being the most authentic and empowered version of yourself that you can be, and based on this strength of commitment, to teach others that the breath works to support them doing the same thing.



As we watch the number of our breathers grow exponentially, we have seen Alchemy of Breath become a movement, a burgeoning force of change and we welcome you to become a part of our community. This isn't a movement run by any guru other than the wisdom-keeper that's inside you, and we as a team are here to support you in becoming a leader amongst us. Because of the Inner Journey part of the training, the leadership you offer will not just be based on technical skills, but from who you have become. By virtue of your commitment to your own self-development, you will be a guiding light to those who seek to make the same journey themselves. You will lead from example and not just by word. You will attract exactly the right breathers who will seek your leadership and guidance!

COMMUNITY

From Facilitator to Practitioner to a Master of Breath (the ongoing journey). The family atmosphere we share is addictive! Once you have become a Certified Facilitator you are invited to be part of further initiatives within the AOB facilitator team. This entails live experience under supervision which will get you mentoring facilitators, first by assisting in classes and running meditations, then by becoming a Certified Practitioner yourself. The more breathcamps you attend the more qualified you become, eventually reaching the accredited Master Practitioner level. This is optional of course. Our facilitator training already qualifies you to facilitate breathworks for groups and individuals. It's all you need to go out into the world and host breathworks, however we usually find students want to stay with us and keep going.

For those that wish to advance and become certified to host our Alchemy retreats you will be supported with all the materials and manuals you need to teach each stage of our workshops. These manuals break down each lesson to the minute, yet still encourage you to bring your own element to the teaching. You will be able to collaborate with fellow graduates to further your outreach, or develop your own business as a licensed AoB Trainer. If, once graduated, you need to ask advice about a particular case or client, you can look to the community for answers. All our graduates are actively engaged in providing support to each other. This can apply to individual cases and group experiences, too.



ABSORPTION AND ASSIMILATION



There's no point in force-feeding a training. It just doesn't work. Many trainings offer intensive instruction over short periods of time, but experience shows that there is a high fall-out rate. Perhaps you have been to a workshop before where you were overwhelmed with content that wasn't possible to fully absorb. Within a few weeks you have forgotten much of what you were taught, and have lost contact with many of your co-students, as well.

The Alchemy of Breath Facilitator Training is designed to give you the time you need to put each stage of development into practice. You will practice holding space for each other right away, and as you progress with your journey, you will notice how your quality of presence improves.

There is no training that we have heard of that can offer such high results, with over 80% of our students being practicing breathworkers today. Our Study Buddy and mentor system gives you the chance to offer and receive support whenever you need it. As you learn to hold space for each other, you will apply conscious loving principles (the 6 Co-Commitments) to all your relationships, as well as building sustainable, empowering relationships. You will develop and share your skills with your study buddy, support and hold each other accountable to show up in exactly the way you need to in order to be a successful facilitator.

COURSE FEES

We have payment plans available as well as early bird prices for those who wish to book in advance. Details are available on the website and/or by request.

What does this include?:

- 32 weeks of live online lessons and modules
- Recordings of all sessions available for download
- Support materials distributed, video and audio downloads
- Administrative support for all inquiries throughout the year; someone from the AoB team is only an email away.
- 50% discount for any online and live workshops throughout the duration of your training.
- Ability to apply for our Master Practitioner Apprenticeship program.

Here is some of the curriculum that will be covered during the Training:

Creating the Container

In this training we are looking at 'right relationship'. This is important as the foundation of our training because it teaches us how to maintain healthy co-creative relationships - exactly what we are going to need to work together and meet the challenges on our journey!

We will cover aspects of relating such as transforming your understanding of "commitment" from a heavy, restrictive reality to an opportunity and a guiding tool. We will explore and embody awareness of the triangular dynamics of relationship, learning how to notice and avoid the pitfalls that bedraggle healthy relating and create dullness.

Facilitation Skills and Techniques (Theory)

This section of the training consists of sixteen 3.5 hour sessions. These encounters will incorporate sharing your progress, developing coaching techniques, structured meditations, breathwork sessions facilitated by myself, Master Practitioners and mentoring Practitioners over the internet.

The journey is one of the self-preparation needed in order to support the challenging moments that breathers are often faced with. Sometimes breathwork can be an ecstatic experience, but other times it requires digging deep into painful places. In order for your breather to feel safe enough to explore their depths, they need to be assured that you have the confidence to be there with them, no matter how deep they need to go.

The Inner Journey

We often incorporate presentations from key teachers in the world of psychology, energy and breathwork. Each teacher has something different to bring, as we want to be sure that you have a well-rounded education that can serve you sufficiently.

There will be homework exploration that will be done individually and in pairs or groups. The Inner Journey is how you become the hero of your own life. It starts with taking stock of where you are now, your hopes and fears, your aspirations. Then you will be looking at where you came from, what you were born into, and what the constriction points of your life were. You'll uncover the key events that made you develop certain behaviours. These are behaviours that may have served you at the time, but they are likely now out of date, and may even be restricting you from your maximum potential in life. The Inner Journey is the process of overcoming these challenges. It's fascinating, challenging and compelling, and your successful completion is what makes you a great facilitator.



BreathCamp Retreat - Practicums and Graduation

BreathCamps represent the final stage to becoming a Certified Alchemy of Breath Facilitator - so exciting!

Some of you have already attended our BreathCamps as a breather, but now you will get to see what happens behind the scenes. The length of the Breathcamps we offer varies, usually ranging from 7 to 10 days.

We have now made this an 'open door' event, which means that you are encouraged to join as many BreathCamps as you wish, so whether you have only just started the training or it's your own graduation, you are welcome to join us. Not only will attendance reveal much about the journey to be made, but it will also build enormous confidence as you meet the graduates who'll share the results of their own journey. They're there as mentors for you, to answer your questions and give you any guidance you need, as are our Faculty Team.

You will also find that many past graduates will come to the BreathCamp, simply because they want to... you get hooked on this wondrous sense of community we build! It's a great way to stay close to the breathwork family, to become a part of the core values we maintain, and to help mould the direction we take as a movement. Remember, you become a leader in this community by virtue of showing up for yourself.

We are always looking for new and creative ways to collaborate. If you have exceptional qualities we are eager to support you, and we are keen to fast track you into a role that supports our movement for change, and recognises your unique brilliance.

The public portion of BreathCamp is where you get to co-produce an event from start to finish. You will manage your assistants (known as angels), and you will be holding the space for the transformation of the whole group. At least two of our faculty will be at each of these sessions, and afterwards you will get complete feedback from your angels, the students who are breathing, and the faculty. This is where your skills can really get fine-tuned because as you hear the feedback not just for yourself, but for each other student, you will experience a huge uplift in confidence and capability. The amount of information exchanged during these reviews is huge, and that's because each person brings something valuable. You are getting the benefit of 15-25 people's experience in an instant which is very useful when you may be handling a group of up to 50 people!

With the support and guidance you get from the team, this graduation and practicum is designed to consolidate all that you have learned throughout the year. For many, it's a breakthrough moment. Standing there after your session you will really understand how absolutely vital this work is in the world, and what your part is in serving it. It's easy for the ego to swell with the thanks and adoration you receive after a group session, but our task is to serve with humility and authenticity. It's not about pushing the ego away or attempting to deny its existence, but designing an alliance that is healthy and alive. The larger this movement gets, the smaller each of us becomes as a part of it. We welcome you to BreathCamp.

**Join us for a Q and A or reach out for a chat.
We want to help you help the world!**