



# AGREEMENT FOR OUR JOURNEY TOGETHER

How to respect yourself and each other during the training.

*By participating in the training it is understood that you agree to:*

## The Co-commitments

These are the premise for our interactions together through out this journey. We stated each one in Seminar 1 and paid attention to our feelings and sensations.

Which co-commitment is most activating for you?

Make sure you have thoroughly read the co-commitments. Then post the one which feels currently alive for you to the FB. This enrolls support from your fellow students and helps makes you accountable. If you wish to share of your sensations, that's great too.

## The Container

This allows us all to feel safe and share our vulnerability with trust. We are creating a Family. The FB group is where you can be yourself and talk about what is going on for you in a safe space of nonjudgment and acceptance.

## Who is on your support Team?

**Master Trainer:**

**Emily Ray Henderson** - emhenderson108@gmail.com

**Home Exploration:** homeexploration@alchemyofbreath.com  
(please include "T12 - your name" in the subject line)

**Payments:** info@alchemyofbreath.com

**General Inquiries:** info@alchemyofbreath.com

You can reach out to me, I am available to you. But know my schedule is quite full so we will need to arrange an appointment. Also reach out to your study buddy or any other fellow student. Questions during the Seminars are great that's how we learn together, so please write them in the chat box and I will address them as soon as is appropriate.

## Privacy, Respect and Nonjudgement.

The recordings, FB etc... are for the privacy of our group only. No one is here to judge anything anyone is going through. Please do not discuss students' personal process with people outside the group. And all discussion about other students within the group will be from the perspective of learning. Our time is precious together so let's keep the shares succinct and with respect. Always ask permission before offering advice to a fellow student. It may be best to offer this privately.

This journey is noncompetitive we all come from different levels of experience so some of you will start facilitating earlier than others and know that it is best to start when you feel ready.

*Let the Journey begin!*