



ALCHEMY  
*of* BREATH

# FACILITATOR TRAINING

*If you feel called, you probably are.*



*Alchemy of Breath is not just a teacher training, it is 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. By virtue of your commitment to your own self-development, you will graduate a true leader; a guiding light to those who seek to make the same journey themselves. Your world will be transformed and you will be an exceptional Facilitator at the top of your field!*

## WHY ALCHEMY OF BREATH?

Choosing Alchemy of Breath (AoB) will be one of the best decisions you make. It is the most thorough and complete training available and you'll graduate fully qualified to facilitate Breathworks for groups and individuals and have complete confidence in your readiness to do so.

### Why We Are Different

- We are the only certified teaching facility to teach you the intricacies of Breathwork for one-to-one sessions, group facilitation, and online sessions too.
- We don't take a cookie-cutter approach; we work together to develop your own particular strengths and encourage you to be creative in your Breathwork offerings.
- Our program is all about community, and you will have a mentor, study buddies and fellow students loving and supporting you every step of the way of your training journey - and after graduation too!
- The Alchemy of Breath Facilitator training is accredited by the AADP (American Association of Drugless Practitioners)
- We have the highest known success rate - with over 80% of our graduates actively facilitating.
- We provide all the technical skills you'll need as a Facilitator, but what really sets our training apart and makes our graduate's true leaders in the Breathwork community, is our focus on your inner journey to leadership.

***If you feel called apply now to get on our waiting list and receive close to \$2000 in savings:***

***<https://alchemyofbreath.surveyparrot.com/s/facilitator-training-full-application/tt-ce4818>***



## The Journey

We recognize that in order to be a top-quality Facilitator, you need to work on yourself first. Together, we will work through your life story, identify restriction points, resolve what holds you back and reframe your biggest challenges so that they become your greatest gifts!

### We will:

- Work with you to heal your inner child and other parts of you that need your attention and love.
- Encourage you to become the most authentic and empowered version of yourself that you can be.
- Help you 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.
- Use a unique Alchemy meditation throughout the course to connect you to your felt sense (intuition of the body) so that you can guide your breathers from a higher place of knowing.
- Cultivate embodied presence, which will allow you to handle the myriad of intense situations that may arise during a Breathwork with ease and grace.



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*Going through the AOB Teacher Training has been one of the best decisions of my life. I am forever grateful and will continue to recommend others try this training as the greatest thing we can do for ourselves and humanity.*

**- James Sol Radina**

## A Global Community Like No Other

Our number of Breathworkers is growing exponentially worldwide, and yet we still share a supportive family atmosphere. Our study-buddy and mentor system gives you the chance to offer and receive support whenever you need it.

### You will:

- Have your own private forum to share experiences, learnings, and teachings with your fellow students.
- Have a study buddy that you will develop and share your skills with; and hold each other accountable to show up in exactly the way you need to, in order to be a successful Facilitator.



- Be invited to join our Current and Former Student Hub, which connects you to Facilitators, mentors, and Masters of Breath, who are happy to share and guide you.
- Be automatically registered for an Alchemy membership which includes free biweekly Round Table talks with Anthony. This is the perfect time to get direct feedback, assistance, and wisdom from the amazing community we have created.
- Be invited to join our biweekly Alchemy Meditation sessions, to deepen your intuition, connect with your felt sense and create space for what wants to be born into existence

## The Tortoise and the Hare

Intensive trainings are great, but there comes a point when you just can't absorb any more information. With little time to explore, experiment, and embody the knowledge, rapid trainings don't support you actually going out there to practice. Experience shows that there is a high fall-out rate and much of what is taught is forgotten.

We do things differently at AoB. We use the Drip-Feed, Cross-Pollination method (DFCP), to make sure you can absorb every part of what we teach. Then you get to explore it, experiment, and embody what you learn. This builds confidence, technical skills and leadership capabilities that are fully embedded into your awareness. The curriculum is purposefully crafted to ensure all of our graduates develop naturally into their excellence.

## Our Unique Learning Platform

At Alchemy of Breath we have created an online platform to further support your learning experience. This easy to use, professionally developed platform contains:

- All class recordings, and supporting documents.
- An Inner Journey Workbook.
- Documents that will support you both during your training and also during the building of your practice.
- Physiology, anatomy, and trauma webinars.
- Breathwork summit interviews from leading Facilitators around the world.
- And more!



## Our specialized training system is designed to:

- Develop your skillset immediately.
- Build confidence.
- Give you the time you need to absorb your learnings and put each stage of development into practice.
- Make the learning process fun, engaging and flexible.
- Develop your intuitive ability. There is no guru in AoB; the wisdom-keeper is inside you and our 23 seminars and 7 inner journey classes one each week, every week. This is 400hr training. These classes do not include the in person BreathCamp which is a week long residential.
- Guide you into the leadership role that facilitation requires.
- Start you off holding space for each other right away, and give you plenty of time to transform your challenges into strengths.



“ Every time I lead a Breathwork I feel so incredibly grateful for the ability to hold space for such powerful transformations and for Anthony, the Masters, my mentors and the entire AoB family for their wisdom, guidance and support.

*If you are considering taking this training, just do it! I really don't think it would be possible to find a better, more thorough training. The focus on inner development, the felt sense and receiving before you give, really helps to set you apart as a Facilitator, and you will graduate fully in your power, shining a light that inspires others to shine their own.*

**- Megan**



## Two BreathCamp and Graduation Offerings:

As a trainee, you will attend a BreathCamp practicum and graduation. BreathCamp is designed to consolidate all that you have learned throughout the training. At the BreathCamp you will be tasked with running a live group breathwork as the final stage to becoming a Certified Alchemy of Breath Facilitator. You must attend an in person BreathCamp in order to graduate. You can attend any one that suits you. We keep the price of BreathCamp as low as possible, you just pay for your travel and accommodation, AoB covers the venue and tuition.

### OPTION #1: BREATHCAMP RETREAT

- BreathCamp retreats are held in peaceful and beautiful locations.
- It will be an intensive and fun-filled week where you will get to meet your new AoB family in person.
- Each BreathCamp includes special guest speakers, workshops, and a chance for you to lead and co-lead large groups through Breathwork sessions.
- You are welcome to join as many BreathCamps as you wish - all the tuition and instruction is free - you only pay to get here and for board and lodging.

### OPTION #2: ONLINE BREATHCAMP

- Alchemy of Breath have made temporary provisions due to Covid19 and created Online BreathCamps which have been held since T9. We hope that from T12 onwards these camps will resume in person starting spring 2021. But we need to all stay flexible as the situations in each country regularly change. Please reach out to your trainer for more updated news.

## For your graduation practicum, you will:

- Lead a breathwork and hold space for the transformation of the whole group.
- Receive supportive feedback and guidance from the students who are breathing and the faculty.
- Listen-in on the feedback for other students, which will provide you the benefit of 15-25 people's experience in an instant!
- Fine-tune your skills as a Breathwork Facilitator.
- Experience a huge uplift in confidence and capability.



# THE CURRICULUM

## SECTION A: FACILITATION SKILLS AND TECHNIQUES

This section of the training consists of twenty-three 3 hour sessions. The seminars will include discussions, lectures, coaching, group play and Breathworks. They will give you all of the knowledge and tools you will need to be an accomplished Facilitator.

## SEMINAR OUTLINE

### Unit 1 - Introduction to Alchemy of Breath

- Seminar 1 - The Co-Commitments
- Seminar 2 - Philosophy of Alchemy of Breath & The Felt Sense
- Seminar 3 - History of Breath

### Unit 2 - Facilitation

- Seminar 4 - The Frame
- Seminar 5: Conscious Connected Breathing
- Seminar 6: Facilitation Skills

### Unit 3 - Guiding Breathwork Sessions

- Seminar 7: Guiding 1:1 Sessions
- Seminar 8: Guiding Group Sessions
- Seminar 9: The Power of Inquiry
- Seminar 10: The Use of Sound

### Unit 4 - Handling Challenging Situations

- Seminar 11: Anatomy and Physiology of the Breath Part 1
- Seminar 12: Anatomy and Physiology of the Breath Part 2
- Seminar 13: Handling Challenging Situations
- Seminar 14: Trauma Release

### Unit 5 - Integrating Breathwork

- Seminar 15: Bodywork and Breathwork
- Seminar 16: Working with Trauma (guest teacher)
- Seminar 17: Themed Sessions and Connecting Exercises



## Unit 6 - Breathwork as a Business

- Seminar 18: The Client Facilitator Relationship (guest teacher)
- Seminar 19: Creating a Business
- Seminar 20: Social Media (guest teacher)
- Seminar 21: The Legal and Professional Aspects of Being a Facilitator

## Unit 7 - Closing the Journey

- Seminar 22: Mandala Breath
- Seminar 23: Integration and Closing the Journey

## Section B: The Inner Journey

This section of the training consists of seven 2.5 hour sessions which will be held once a month in between seminar classes. We will explore your personal history, relationships, traumas, and life story. You'll uncover the key events that made you develop certain behaviors that restrict you from your maximum potential in life. The Inner Journey is designed to be fascinating, challenging, insightful, and transformative, and your successful completion is what will make you an exceptional Facilitator.

Inner Journey 1: Opening the Book of Your Life / Pre and Perinatal Experiences

Inner Journey 2: The Call / Embracing Self Responsibility for Change

Inner Journey 3: Understanding Aspects of the Inner Child

Inner Journey 4: Embracing the Shadow / Exploration of the Unconscious Mind

Inner Journey 5: Finding the Treasure / The Road to Mastery

Inner Journey 6: Atonement & Return / The Transition from Mastery to Mystery

Inner Journey 7: The Return / A New Beginning



“ For the first time in my life I met a school, who gave me such support and the right tools, to go really deep in my process, release traumas, let go of old patterns, and be present, with a crystal clear mind and a loving heart.

*Anthony's and the whole team's presence allowed so much healing in me, for which I'll be eternally grateful!*

**- Rita**





## Continuing Your Journey

Our family atmosphere is addictive and if you want to further our journey together after you graduate, there are plenty of initiatives you can join.

### Continuing education:

- The next step after Breathwork Facilitator is a second year of training which is being developed at the moment and should be ready to launch Spring 2021, this will lead to Practitioner Status. This second year is accredited by the Global Professional Breathwork Alliance, and the Australian Breathwork Association.
- If you do not want to continue your journey formally, you can still continue your personal development, connect with the AoB family and fine-tune your Facilitator skills by attending our BreathCamps.
- Join as many BreathCamps as you wish. We love our graduates, and want you to share your wisdom with our students!
- Join Anthony for his biweekly sessions after graduation for as long as you wish.
- These are just offerings, however, and the Facilitator training alone will have you fully prepared to shine and excel as a Breathwork Facilitator.

Alchemy of Breath has now become a burgeoning force of change around the world. We look forward to welcoming you into our loving, supportive, and dynamic community

**APPLY NOW:**

**[HTTPS://ALCHEMYOFBREATH.SURVEYSPARROT.COM/S/  
FACILITATOR-TRAINING-FULL-APPLICATION/TT-CE4818](https://alchemyofbreath.surveyparrot.com/s/facilitator-training-full-application/tt-ce4818)**



## Course Fees

We understand this can be a big investment so if you need to discuss your options please contact us to find out more.

- This is a 400-hour certification course.
- The cost is \$7,920 and all upfront payments receive an additional 10% off.
- You can break this into 6 monthly payments, 8 monthly, or 11 monthly payments.
- Early bird discounts are available and anyone that has applied and is on our waiting list has the ability to pre-register with thousands in savings, so apply today - <https://alchemyofbreath.surveysparrow.com/s/facilitator-training-full-application/tt-ce4818>

## What's included with tuition:

- 31 weeks of live online lessons and modules, covering everything from the AoB system of Breathwork practices, to your Inner Journey, to how to establish a business and bring breath awareness to the world.
- 23 Seminar classes and 7 Inner Journey classes.
- Extra optional biweekly classes with Anthony Abbagnano, the founder of AoB, not just throughout your training, but afterwards too!
- Access to the AoB Academy learning platform and recordings of all sessions.
- A personal Breathwork mentor who will lovingly support you throughout the training process.
- Support materials distributed, video and audio downloads.
- Lightweight and fun home exploration focused on your biography, developing your own intuition, becoming fully present and how to apply your new-found learnings into your life.

**We want to help you, help the world. Take the first step and apply now:**

**<https://alchemyofbreath.surveysparrow.com/s/facilitator-training-full-application/tt-ce4818>**

**For more information:**

**<https://alchemyofbreath.com/breathwork-training/>**

**If you have any questions that were not addressed in this manual,  
please feel free to connect with us at:**

**[info@alchemyofbreath.com](mailto:info@alchemyofbreath.com)**



**PS. Here's what some of our graduates have to say about their experience:**

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*Inspiring and illuminating on every level and the recordings meant that if for some reason I was unable to make a session I still had the opportunity to watch, practice and learn. A heartfelt thanks for creating this course and making it accessible to everyone everywhere whatever their geographical location and whatever their other commitments may be. The course exceeded my expectations and has been brilliantly put together. I loved the mix of the structured syllabus, the free-flowing conversation of the group, the music and of course the actual Breathwork. I believe it to be the only of its kind out there and I highly recommend it!*

**- Sapphire**

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*My most profound experience from the AoB Facilitators Training with Anthony was the amazing commitment, presence and genuine gentlemanly support he had for the training and each of us. Balanced in this rare precious container which he masterfully creates, I was able to go to the depths of myself and find liberating strength in my vulnerability – among other expansive enlightening awarenesses.*

**- Senaja**

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*The training is definitely something I felt called to do after Seeds of Alchemy 2-day immersion. Breathwork continues to open doors and the training allows me to fully investigate and be supported in my experiences. I feel like I am growing and opening towards life's untapped potential. Also, becoming part of an inspiring like-minded community on a global scale is a great feeling!*

**- Hannah Goodman**

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*I have done many trainings over the years in my quest to heal and help others, but the AoB teacher training was by far the best thing I've ever done for myself and for advancing my life path. I felt so held and supported the entire time and the safe space and deep inner exploration which was encouraged as a part of the curriculum allowed me to work through and overcome much of my conditioning from childhood and let go of behaviors and beliefs that no longer served me. I emerged a much stronger, happier, more confident and optimistic version of myself.*

**- Megan**

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*Starting the training with AoB was one of the best decisions in my life. To meet up consistently over a long period of time, really gave me the opportunity to dive deep into my own inner inquiry. It was so much more than training to me. It's deep and healing work. It was a connection to myself and to the group. It was an expansion, stepping out of my comfort zone, it was growth; it was one step closer to becoming the person I am meant to be. I found my purpose! Anthony's beautiful way of teaching, and his artistic and poetic way of using his words really inspired me and still does. His ability to create such a solid and safe container, helped me a lot to find the strength to dig deep. I have nothing but love for this man and I will be forever grateful and proud to call him my teacher.*

**- Marianna Manderscheid**

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*My Alchemy of Breath Training was such a deep experience! What set this program apart is the love and support I felt no matter what I was going through.*

**- Ariel Fernandez**



[www.alchemyofbreath.com](http://www.alchemyofbreath.com)