



ALCHEMY
of BREATH

**CERTIFIED ALCHEMY
PRACTITIONER
MENTORSHIP PATHWAY**

(THIS PATHWAY IS DUE TO CHANGE AFTER T13)



CERTIFIED ALCHEMY PRACTITIONER MENTORSHIP PATHWAY (This pathway is due to change after T13)

We are so excited to welcome your interest in continuing your training with us into your second year. This is an opportunity to learn through experience by stepping into a role alongside our passionate and talented Trainer team.

The 'Why'

There are lots of reasons for this practitioner program, but it starts with our pursuit of excellence. We want to offer the best training, with the best support in the world. We also want to learn from the Psychotherapy model which provides support and mentorship for each and every level, including student facilitator, practitioner, assistant trainer and trainer. At each of these levels the students and trainees need someone they can go to for support and guidance, and our purpose over the last three years has been to work towards this by exploration and practice.

In this second year you will embrace the challenge of mentorship, this is an opportunity for you to practice and develop your leadership skills in a safe container and with supervision.

Furthermore, if interested, during this program you will attain Practitioner status based on the sessions you do privately with your mentees and/or personal clients. You can become an Alchemy Breath Practitioner certified by the Global Professional Breathwork Alliance.

By joining AoB on the facilitator programme again as a mentor, you get to go over the material for a second time - not as a first time student, but with an eye on the application of your own skills. They say that a student has a retention level of about 20%, but if you have to teach that material it leaps to over 80%. You will find your confidence levels soar as the trainers look to you to take a role of guidance and direct support of the students in your care. You will delight in the strategy sessions and mentor meetings as you evaluate, give and receive support for the best solutions we can provide to our student body. During the student graduation BreathCamp, we ask you to step up into the role of assistant to the trainers, where we rely on your skills to co-create a wonderful event for all. You will experience what it is like to lead in a retreat-like environment.

Prerequisites

In order to be accepted into this year two programme you must be a Certified Alchemy of Breath Facilitator, having completed all assignments of the 8 month facilitator program. You must also be in active practice, that is you currently offer individual and/or group breathwork sessions in your community and/or online, as well as carry Public liability Insurance based on your country of residence.

Year two is all about embracing the role of mentorship with the year 1 students. Here are the benefits you will get from being a mentor:



Benefits of becoming a Certified Practitioner

- Receive & learn the material again but more from the teacher's role.
- Experience being a team leader, with opportunities within the Alchemy Community and with AOB.
- Spend direct time learning with trainers: brainstorming and co-creating Become a Certified Alchemy Practitioner at the end of the training and market your services to the community
- Alchemy of Breath is Affiliated with the GPBA (Global Professional Breathwork Alliance) so when you graduate you automatically can become a member of this organisation and use its logo on your publicity, once joined their organisation as a lifetime (75\$ for lifetime membership) member you will also be able to have your profile as a professional practitioner on their website and ours!
- Attend the student graduation BreathCamps as much as you like at cost price.

You can register for year 2 by completing this form.

<https://alchemy-of-breath.typeform.com/to/f80WQq51>

Once accepted, during the training we ask that you:

- Commit to attending at least 80% classes (once a week) in the 8 month training period
- Be fully present during class, on the zoom calls
- Hold safe space and develop healthy relationships with students during the training
- Lead an Alchemy Meditation and a Breathwork either in class, or by setting up your own class, inviting students and recording it.
- Lead breakout rooms if the exercise requires, or supervise a student who is asked to lead a breakout room
- Be active on the FB Group through posting, liking, supporting and responding
- Report back any relevant student feedback and how they may need support during our weekly post-class meetings (30 min)
- Arrive to class familiar with the curriculum material. You may wish to volunteer to teach/participate in areas that your are passionate about
- Be ready and willing to take over class if the teacher must leave or is currently at a BreathCamp, and there is not an assistant trainer on the module
- If you'd like to qualify as an Alchemy Practitioner, you are required to complete 10 x 30 mins documented (personal notes) coaching sessions with mentees. This does not need to be submitted but is for your reference.



Connecting with Your Mentees

- Your main role is to support their class work to become a Breathwork Facilitator
- You will be assigned up to 5 students - the amount may vary based on the size of the class
- Create a container for your mentor relationship with an emphasis on your professional boundaries. Book an appointment once a month (or more if you wish) with your assigned mentees. You may want to create a group check in once a month with your mentees before class starts.
- With your individual sessions, start with inquiry into how they like/wish/need to be supported, what are their ah-ha's, what are their challenges.
- Check in to see how they are with the course work and if they might need support, are they on track, what is holding them back?
- Share the Alchemy Meditation at the beginning of each meeting so that they begin to feel comfortable guiding it
- Support mentees on how to lead an online Zoom Breathwork
- Gather feedback and check in with your mentees of the current relationship of Study Buddies. Do they match? Are they both engaged and eager to study the material?
- In supporting someone on their personal journey, there may be a point where you feel this is beyond your training. Your role is not to be a Psychotherapist. Please refer the student as (you feel necessary) to a trainer.
- Please do not talk to students about discounts, BreathCamp dates etc and other specific details without checking in with the AoB office team first. We want to ensure the student receives the correct information.
- You will be encouraging your students to stay on their edge of growth, encouraging and supporting their exploration, getting them to start doing one - one sessions and groups.

Once accepted, during the training we ask that you:

- Complete a sequence of 10 breathwork sessions with 3 different mentees or private clients in your local area, and submit one reference/testimonial per client to Alchemy of Breath. It is advisable to source clients from your local area, as this will aid you when you are ready to set up your own practise. It is also recommended to start with at least 5 clients as more than likely that a client might not make it to all 10 sessions and it takes up lots of time starting from session 1 again. You can also charge a small amount to these clients, in part an exchange and this gets you used to asking for money.
- Assist on at least one student graduation BreathCamp , if possible the one that applies to your class. You will be required to pay your own transport, food and lodging, but this will be cost price and the same price as the students.
- At BreathCamp, help with registration, angeling, general tasks, give student feedback for breathwork, lead small circles and exercises if needed.



- Be present for post-training feedback + evaluation session with trainers.
- Read at least five more books from the reading list, including Co-Active Coaching, (see below) or books of your choice that relate to breathwork / or an approved book from your chosen specialisation.
- Submit a book review for one of these books.
- Devise a 45 minute presentation on a topic from the curriculum that you feel you could go into more detail on, present it in an additional class organised by yourself via the student facebook group.
- Lead 10 group sessions with 4 or more people in each and submit practicum reports for them all. You are encouraged to organise some of these with your class and then some in person. (use the same practicum form from the facilitator training)
- Keep a record of your notes from your mentors sessions during the training (do not need to hand in...for your own experience)
- Provide proof of valid public liability insurance (based on your country of residence's regulations)

COMPULSORY READING LIST

Just Breathe - [Dan Brule](#)

Waking the Tiger - [Peter Levine](#)

Conscious Loving - [Gay & Katie Hendricks](#)

Coactive Coaching - Changing Business & Transforming Lives - [Henry Kimsey-House](#)

ESSENTIAL READING (Facilitator certification)

The Presence Process (read straight after first year training) - [Michael Brown](#)

The Power of Now - [Eckhardt Tolle](#)

Bio energetics - [Alexander Lowen](#)

RECOMMENDED READING

Break Through with Breathwork (2017) hard copy / ebook - [Jim Morningstar](#)

A New Earth - [Eckhardt Tolle](#)

The Body Keeps the Score - [Bessel Van der Kolk](#)

The Holotropic Mind - [Stan Grof](#)

A Complaint Free World - [Will Bower](#)

Breathing to Heal, The Science of Healthy Respiration - [Case Adams \(about asthma\)](#)

Freedom from the Known - [Jiddhu Krishnamurti](#)

The Ethical Use of Touch in Psychotherapy - Michael Hunter & Jim Struve Passion for Life - [Lena Kristina Tuulse](#)

Breath Deep Laugh Loudly - [Judith Kravitz](#)

The Adventure Of Self-Discovery - [Stanislav Grof](#)

Become The Dream - [Randal Churchill](#)

Wheels of Life - [Anodea Judith](#)

Anatomy of Breathing - [Blandine Calais-Germain](#)