



Certification FAQ

Curious about our Breathwork Training Certification?

Here are some of the most common questions that come up for prospective new Breathwork trainees:

Q. What does 'facilitator' mean?

A. By definition, a facilitator is "a person or thing that makes an action or process easy or easier." As a Certified Alchemy of Breath Facilitator, you are qualified to lead private, group and online Breathwork Sessions for the public.

Q. How long is the course?

A. The course includes 23 seminars and 7 Inner Journey classes – one per week, every week. Occasionally we may skip a week when it coincides with a holiday or BreathCamp, so the course usually takes around 7 or 8 months to complete (not including BreathCamp).

Q. What are the dates & times of the training?

A. We meet on a specific day of the week (typically a Tuesday, Wednesday, or Thursday), every week for the duration of our training. To cater to most time zones, we offer two different times to choose from for each training cycle - either 9:00 am or 5:30 pm UK time.

Q. How long are the classes?

A. Three of the monthly classes will be 3-hour long theory and practical skill seminars. And one class per month will be a 2.5 hour long inner journey seminar.

Q. How much home study is there?

A. Most of the home exploration in the course involves breathing, reflecting on your inner journey, and sharing your experiences and inspiration with your study buddy and mentor. You'll also need to work your way through the course reading list, along with supplementary video and audio files. We estimate approximately 5-7 hours of home study a week. All this additional learning will increase your competence and confidence as a facilitator.

Q. Where & when are the BreathCamps?

A. We offer BreathCamps regularly, and you will need to attend one in order to round out your training, gain hands-on experience, and officially graduate. Our homebase is ASHA (Alchemy School of Healing Arts), which is in a beautiful, small town, outside of Tuscany, Italy. This is where the majority of our BreathCamps take place, however we also offer them in various other locations around the world - including Guatemala, the UK and Bali.

>>

Q. What if I can't make it to BreathCamp?

A. We've developed an Online BreathCamp for students who are unable to travel, or are happy to receive an Online Breathwork Facilitator Certificate. However, you'll need to attend an in-person BreathCamp to receive an in-person Breathwork Facilitator Certificate.

Q. What are the certification guidelines?

A. The 8-month Facilitator Training is a 400-hour course, consisting of live online class time, videos, podcasts, study time with your study-buddy and practice, practice, practice!

Q. Why do I need another certificate?

A. Aside from making you eligible for insurance as a facilitator, certification assures breathers that you've been approved by a professional association. It's testament to the hours you've studied and practiced, as well as your integrity and willingness to abide by our Code of Ethics.

Q. When can I start teaching?

A. You can start gaining hours of accreditation as a Student Facilitator straightaway. You'll become a Certified Facilitator as soon as you graduate, which means you can be insured and be paid to teach.

Q. How do I get started?

A. First, [click here](#) to fill out an application and tell us why you want to become a breathwork facilitator. Next, book a discovery call to talk through your application and get answers to any questions you might have. Once approved, you can enroll and get instant access to course materials. Plus, you'll be invited to the closed Alchemy of Breath Facebook group, so you can connect with your trainers and other members of the community straightaway!

Q. Why is the Alchemy of Breath training so long?

Eight months to complete 400 hours of breathwork education and inner work? Compared to other training courses out there, it's a big commitment. But we're confident it's the best way to train – and here's why:

■ Become a well-rounded, responsible facilitator

Being a breathwork facilitator is a big responsibility. Forty years of experience completing various courses have shown us that two or even four weeks of intensive training just isn't enough to create a well-rounded, skilled breathwork facilitator who can capably and confidently hold space for others.

■ Get a comprehensive breathwork education

We deliver 23 three-hour sessions – including discussions, lectures, coaching, group play and breathwork practices – designed to give you an in-depth understanding of the theory, history, science and practice of breathwork. You'll learn techniques, skills and practices that even facilitators of 30 years don't have.

■ **Make time for your journey to self-love**

We believe to show compassion to others you must first learn to show compassion for yourself. That's why we dedicate an entire section of the course to exploring your personal history and increasing your self-awareness, emotional intelligence and confidence. It's an important, often intense process that can't be rushed.

■ **Have time to absorb your learnings**

Each week, we meet and learn together. In between sessions, we have a week to integrate our learnings, practice our skills, and experiment with one another. We consider this 'in-between' time crucial for properly absorbing and applying new information (to make sure your new knowledge sticks!).

■ **Make your training a part of your life**

We understand you have commitments outside of breathwork, so we've created a course that easily fits into your life. No need to take time off for an intensive program – simply set aside a few hours a week and – hey presto! – in less than a year you'll be a certified breathwork facilitator.

■ **Think of us as the tortoise, not the hare**

Alchemy of Breath might not look like the fastest route to becoming a breathwork facilitator, but if you believe in steady determination and commitment to the cause, we could just be the breathwork school for you. So, ask yourself: what kind of facilitator do you want to be?

Have more questions? [**JOIN A Q&A SESSION**](#)