



BREATHING SPACE



HYBRID BREATHWORK FACILITATOR TRAINING

COURSE OUTLINE 2024

WWW.ORGANICPILATES.CO.UK

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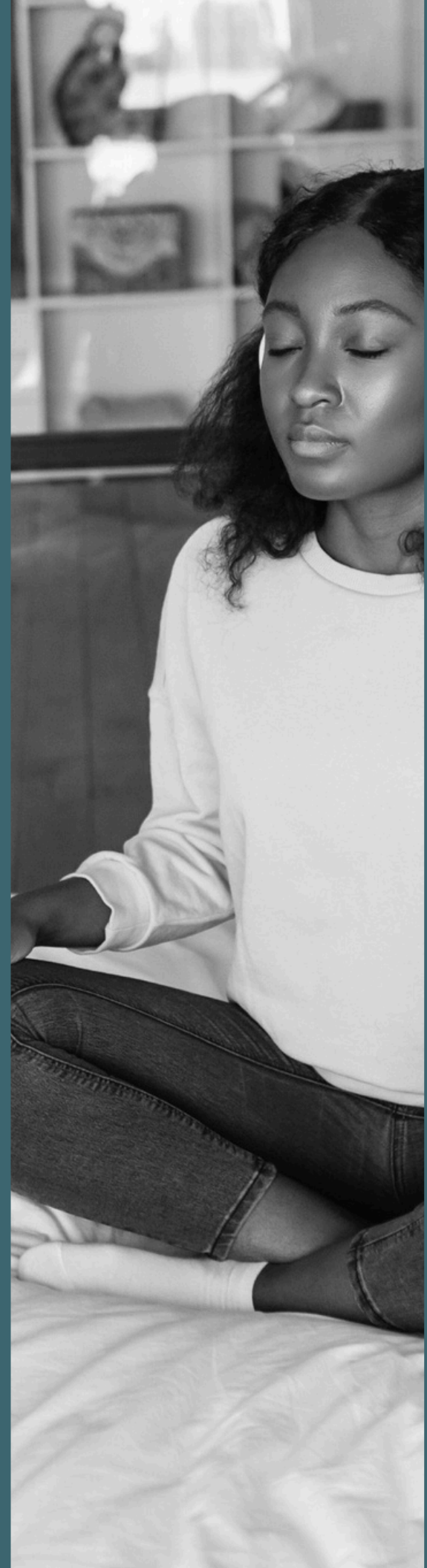
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BREATHWORK FACILITATOR TRAINING 2024

WELCOME TO BREATHING SPACE

Find out about our core values, what drives us, our mission to guide you and how we help transform lives through breathwork.



BREATHING SPACE

JILL ROBINSON

Breathwork Teacher,
Witch, Earth Mother,
Author, Podcaster,
Pilates Studio Director,
Movement Specialist &
Strength Coach



WELCOME TO BREATHING SPACE!

Hi

My name is Jill and I am so excited that you've got this far on your journey with the breath to be reading this, and considering training to be a Breathwork Facilitator. It is a journey to your truth.

I would not be exaggerating to say that this course transformed my life, and I know that it will transform yours too. Once you connect to your breath in a meaningful and conscious way, it will take you to places within you that you didn't know existed. Places that are both beautiful and at times, scary, but the guidance of the program and your mentor (me!) will hold you and show you the way. Your breath is the bridge between the physical and the mystical - and I love both of these aspects.

Perhaps you don't even know why you are here (I remember that feeling), you just know that you know that you need to do this, and it's coming from within a deep place within you? Perhaps you're thinking I'd love to do this training but time, money and the commitment is daunting, I get all of that.

But, I will tell you that you will not regret taking that next step.

I will be teaching you not just how to hold the best and safest breathing spaces, but also the business around setting up as a facilitator. Remember that this is an investment not just in yourself, but also all the beautiful souls that you will reconnect to their breath along the way.

When we breathe we breathe for the world, the world needs our light right now,

WITH MUCH LOVE,

Jill x

BENEDICT BEAUMONT

Co-Founder of Breathing Space



WELCOME TO BREATHING SPACE!

Before discovering Breathwork, I had already spent over a decade on the yoga mat and seven years deeply immersed in meditation. I'd scoured self-help books, participated in therapy, attended countless workshops, and even dabbled in philosophy. But let me tell you —nothing could have prepared me for the profound impact of Breathwork.

Within just a few breaths, I found myself journeying deeper than I'd ever been. It wasn't just eye-opening; it was transformative and genuinely healing. Within ten minutes, I knew that I was destined to share this with others as a Facilitator. And since then, I've witnessed the life-changing power of Breathwork over and over again with thousands of participants.

But here's the thing: there's a vast world of people who've yet to experience this transformative practice. Making Breathwork accessible to those who could benefit from its incredible power has become my life's mission.

If you're reading this, perhaps you, too, feel the call to bring Breathwork to others. If that's the case, it would be an absolute honor and privilege to embark on this journey together.

WITH MUCH LOVE,

Benedict Beaumont

OUR FOUNDATIONS



Connection

We believe that true healing happens in the space of connection—connecting with oneself, with others, and with the world around us. Our community is built on this foundation, creating a safe space where everyone is welcomed and understood.

Empowerment

We do not just teach breathwork; we empower individuals to discover their inner strength and wisdom. Through our practices, we aim to equip each person with the tools they need for personal growth and self-healing.

Accessibility

We believe that everyone deserves access to the tools for healing and growth, regardless of their financial situation. That's why we strive to make our programs as accessible as possible, ensuring that cost is never a barrier to anyone seeking to explore the transformative power of breathwork.

Exploration

We believe in the importance of curiosity and exploration on the journey of self-discovery. Our programs are designed not just to teach, but to encourage a deep, personal exploration of the self, the breath, and the infinite possibilities they hold.

BREATHING SPACE MANIFESTO

-01-

INNATE WISDOM

Inside you lies your own wise teacher and powerful healer. Through breathwork, we help you tap in to that innate knowledge.

-02-

TRANSFORMATION

True transformation is guided by your own innate wisdom. With our breathwork, you'll discover that even the subtlest shifts, chosen by you and for you, can open doors to significant, empowering change.

-03-

SIMPLICITY

Breathwork's power lies in its simplicity. We focus on straightforward techniques that bring profound benefits to mind, body, and spirit.

-04-

INCLUSIVE GROWTH

Our doors are open to everyone, celebrating the diversity of journeys and stories. Breathwork with us is a journey of growth that honors every individual's path, ensuring no one walks alone

-05-

COMMUNITY & CONNECTION

Every breath creates a bond, uniting us in shared experience and support. Here, connections deepen, providing strength and support on every step of the journey.



MORE THAN JUST A STYLE OF BREATHWORK

At Breathing Space, while we specialize in Conscious Connected Breathwork, our primary focus lies in the art and science of facilitation.

We believe that the essence of breathwork extends beyond any particular technique or style. Instead, our training program focuses on the principles of holding space, guiding individuals through their inner journey, and fostering a safe and supportive environment for exploration.

Our approach equips facilitators with a versatile skill set, enabling them to adapt to the unique needs and preferences of their clients. Whether it's breathwork, mindfulness practices, or other modalities, our facilitators are equipped to teach and hold space for a wide range of topics, empowering individuals to explore the depths of their being with confidence and compassion.

BREATHWORK FACILITATOR TRAINING 2024

COURSE OVERVIEW

Explore the structure and content of our Breathwork Facilitator Training Program, detailing the comprehensive units and methodologies integral to professional facilitation.



BREATHING SPACE

GENERAL LEARNING OUTCOMES

- ✓ Demonstrate competence in conducting individualized breathwork sessions, applying sensitivity, safety, and insight.
- ✓ Undergo a personal journey of self-discovery and development, enhancing self-understanding and facilitation depth.
- ✓ Facilitate group breathwork workshops in both in person and online sessions confidently, fostering inclusive and empowering environments.
- ✓ Integrate ethical principles in all aspects of breathwork facilitation, ensuring practices are conducted with respect, confidentiality, and professional integrity.
- ✓ Understand the anatomy and physiology relevant to breathwork, including recognizing contraindications and making appropriate adaptations.
- ✓ Gain practical experience by leading sessions early in the program, progressively handling more complex facilitation scenarios with support.
- ✓ Draw on personal knowledge and wisdom to lead sessions with compassion and understanding.
- ✓ Engage in regular, structured personal practice to refine facilitation skills through consistent application and reflection.

COURSE HIGHLIGHTS

400 HOURS

Our program combines a comprehensive 400-hour curriculum combining academic study with practical application leading to confidence and expertise in Breathwork facilitation.

ONLINE/ IN-PERSON HYBRID

Experience the flexibility of online training and in-person experience, blending self-directed study with live sessions for a comprehensive journey.

COMPREHENSIVE CURRICULUM

Crafted by experienced educators, our curriculum integrates theoretical knowledge with practical skills, preparing facilitators for diverse professional settings through a holistic approach to breathwork.

A BLEND OF SCIENCE & ART

Unique curriculum that marries the scientific understanding of breathwork with the art of intuitive facilitation, creating a balanced and effective approach.

TRAUMA-INFORMED TRAINING

Our program emphasizes trauma-informed practices, ensuring you're prepared to safely and compassionately guide clients through their breathwork journeys.

GPBA CERTIFICATION

We are proud to say that we are a Global Professional Breathwork Alliance certified school, meaning our program meets the highest standards in breathwork education and practice.

CAREER ADVANCEMENT

We provide a clear and structured path for career and professional development, supporting your journey from novice to advanced practitioner.

BREATHWORK FACILITATOR GROUP TRAINING & HYBRID TRAINING: A COMPARISON

Feature	Online Group Training	Hybrid Training
Delivery Mode	Entirely online, utilizing digital platforms for learning and interaction.	Combines online learning with in-person sessions for a hybrid experience.
Learning Environment	Virtual classrooms and Zoom seminars foster a sense of community and collaboration among participants.	Blends the convenience of online learning with the richness of face-to-face interactions, offering a balanced learning experience.
Interactivity	High level of interactivity through online forums, live webinars, and group activities.	Enhanced interactivity with the addition of in-person workshops, allowing for hands-on practice and direct feedback.
Flexibility	Offers flexibility in scheduling and location, ideal for those with varying time zones and commitments.	Maintains flexibility in online components while providing structured dates for in-person sessions, requiring some geographical mobility.
Personalization	Group settings provide personalized feedback within a communal learning context.	The hybrid model allows for more tailored experiences during in-person sessions, adapting to individual learning needs.
Accessibility	Accessible to anyone with an internet connection, removing geographical barriers.	Requires the ability to attend in-person sessions, which may include travel.



WHY CHOOSE THE HYBRID PATHWAY?

Choosing our Hybrid Training pathway means you're looking for more than just an online course; you're seeking a journey that touches both the heart and the hands. It's for those who crave the personal connection and real-world practice that only in-person sessions can provide, balanced with the flexibility of online learning. This approach allows you to dive deep into the transformative power of breathwork, experiencing firsthand the impact of guided sessions and the camaraderie of a like-minded community.

Hybrid Training suits learners who thrive on interaction, those who believe that the richest learning comes from doing and sharing. It's designed with the understanding that while digital platforms bring us together, the magic of direct human connection amplifies our growth. If you're someone who wants to blend the convenience of accessing materials from anywhere with the irreplaceable experience of live, hands-on workshops, then Hybrid Training is your calling.

This path is not just about becoming a skilled facilitator; it's about a personal and professional journey that is as fulfilling as it is comprehensive.



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THIS COURSE HAS
TRANSFORMED MY LIFE! I'VE
BECOME SO ENGROSSED IN IT
AND THE SUBJECT OF
BREATHWORK THAT I CANNOT
LEAVE IT BE.

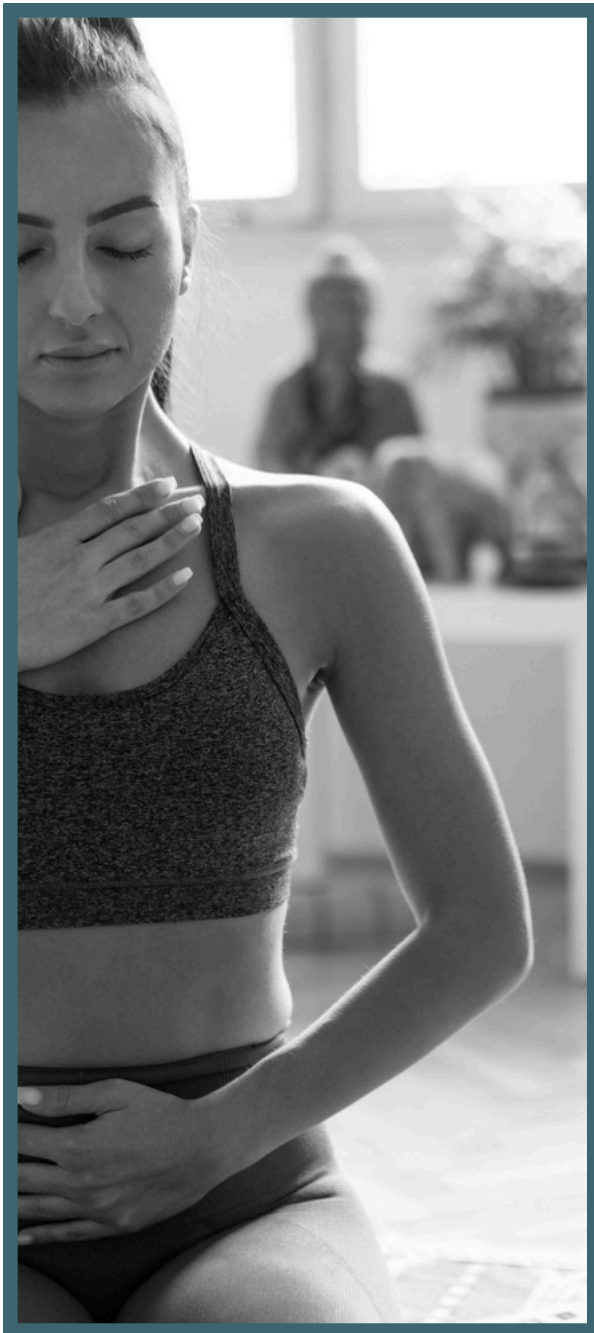
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Meli

THE SCIENCE OF BREATHWORK FACILITATION

Understanding the science of facilitation equips you with the essential knowledge and skills to guide breathwork sessions safely and effectively.

Anatomy & Physiology of Breathwork

Understanding the intricate workings of the human body is foundational to effective breathwork facilitation. Our curriculum includes a robust module on anatomy and physiology, tailored specifically to the practice of breathwork. This module offers deep insights into how breathwork influences the body on a cellular level, equipping facilitators with the scientific knowledge to enhance their practice and articulate the benefits of breathwork with confidence and clarity.



Contraindications & Adaptations

Recognizing that breathwork needs to be adapted to meet diverse needs is a cornerstone of our training. We provide detailed guidance on identifying contraindications to breathwork practice, ensuring facilitators can make informed decisions about when and how to modify practices creating an inclusive and accessible experience for every participant.

Trauma Informed

Our program recognizes the critical importance of understanding cognitive load and trauma's profound impact on the body and mind. To this end, we've developed comprehensive trauma-informed modules that not only equip our facilitators with the knowledge and skills to navigate these sensitive areas but also include a dedicated module specifically focused on trauma. This approach ensures that facilitators are prepared to create a safe and supportive environment for all participants, recognizing and addressing the nuances of trauma with compassion and expertise.

THE ART OF BREATHWORK FACILITATION

Mastering the art of breathwork facilitation allows you to create deeply resonant and transformative experiences, blending intuition with technique to meet each participant's unique journey.

Intuitive Guidance

Cultivating the skill to dynamically adjust facilitation strategies in response to the group's immediate needs, ensuring each session is responsive and impactful. This involves tuning into subtle cues and energies within the group, allowing for a fluid and empathetic approach to guidance. We also embrace and integrate your unique style allowing you to impart your personal touch and connect more deeply with participants.

Effective Communication

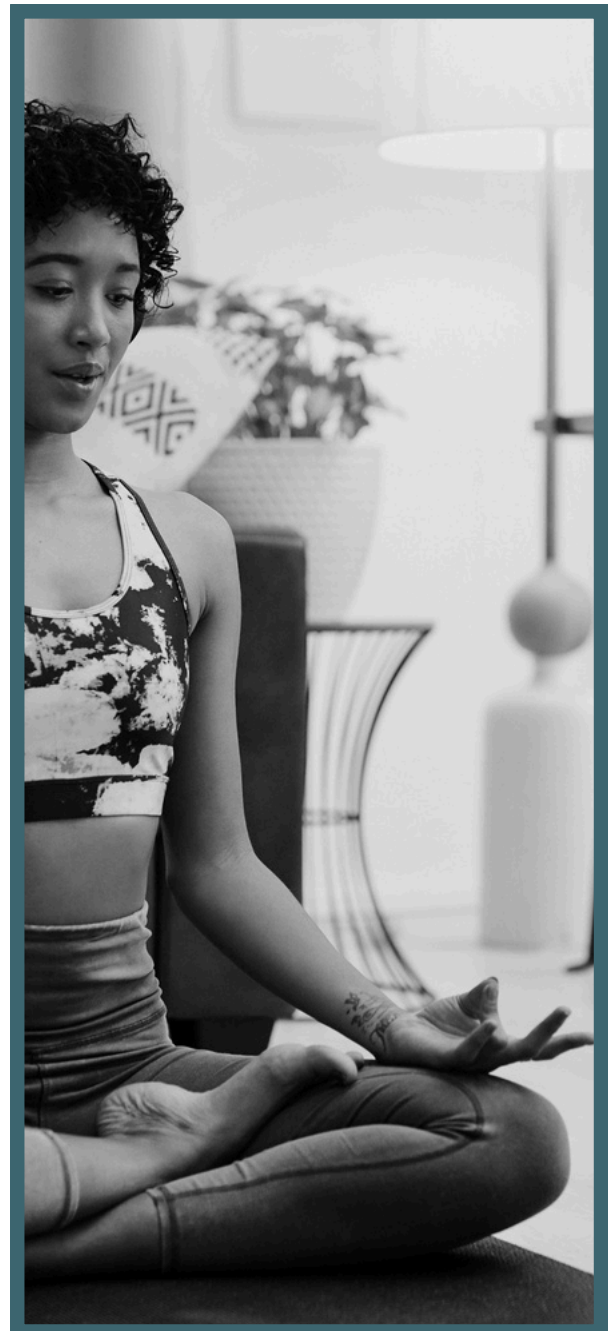
Enhancing clear and compassionate communication skills to guide and frame sessions, ensuring participants understand the process, feel safe, and are fully engaged in their breathwork journey.

Creating Safe & Empowering Spaces

Strategies for establishing an environment that nurtures trust and empowerment, allowing participants to explore their breathwork journey in a supportive setting. This includes both the physical setup and the emotional atmosphere, ensuring the space is welcoming, respects individual boundaries, and promotes a sense of growth and safety.

Adaptive Design

Developing the ability to thoughtfully plan breathwork sessions, including the selection of music, opening exercises, and other elements that enhance the overall experience.



PERSONAL DEVELOPMENT & SELF-PRACTICE

Cultivating a deeper understanding of oneself through dedicated practice and learning, enhancing the ability to guide others with authenticity and empathy.

Personal Breathwork Journey

Embark on a transformative 12-week personal breathwork journey, designed to deepen your understanding of your own mind and emotions. This journey is a foundational step in enabling you to hold space more effectively for others. By developing a simple, daily breathwork practice, you cultivate the resilience, empathy, and presence essential for guiding participants through their transformative experiences.



Self Directed Study

This self-directed study complements your practical experience, broadening your understanding of breathwork's theoretical underpinnings and its diverse applications. Engaging with these resources encourages a well-rounded approach to your practice and facilitation skills.

Breathwork from Both Sides

To fully embrace the journey of a breathwork facilitator, it's crucial to experience breathwork both as a guide and a participant. This dual perspective enriches your understanding of the breathwork process, enhancing your ability to connect with and support your participants' journeys.

Live Impact

Our Hybrid Pathway includes in-person sessions that bring your learning to life. These live experiences allow you to practice breathwork with others, deepening your understanding and skills in a supportive environment.

PROFESSIONAL DEVELOPMENT & CAREER PROGRESSION

Building a fulfilling career in breathwork facilitation through advanced training, immersive learning, and real-world practice, opening doors to leadership and impact in the breathwork community.

Advanced Skills Training

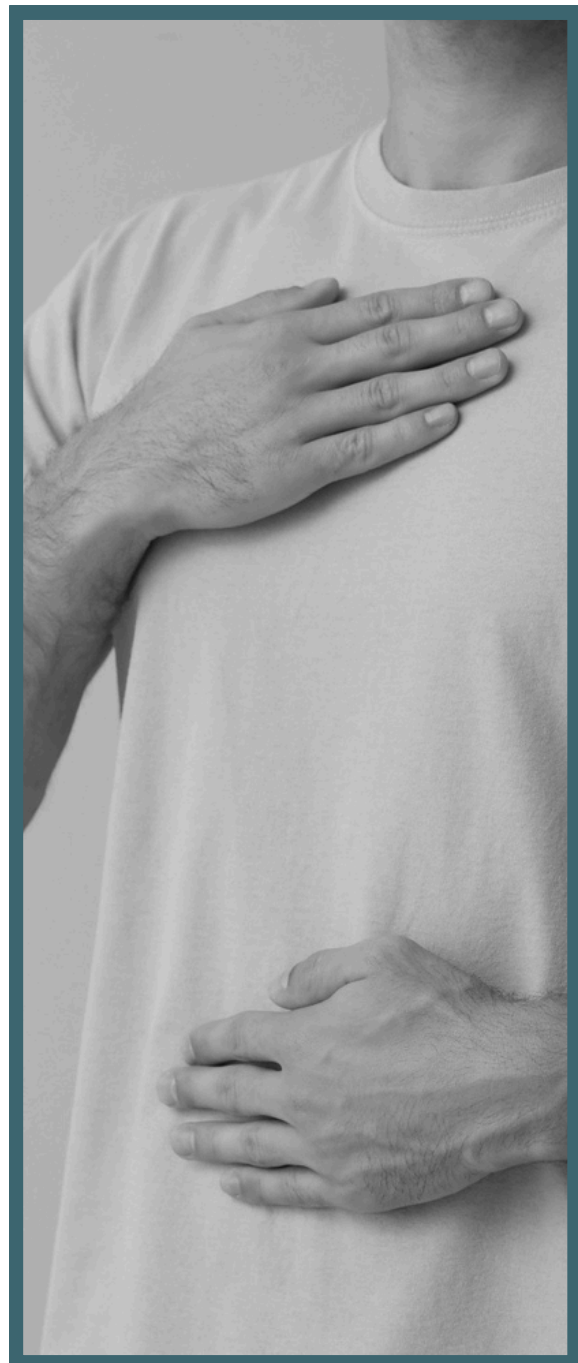
Our Breathing Space Facilitator Community is invited to participate in two annual Advanced Skills Trainings, held in person to enrich your facilitation skills, network with peers, and engage in practical sessions with the public. These retreats are a blend of learning, fun, and community building, designed to be accessible and rewarding. Although not a graduation requirement, they are a pivotal part of your professional journey, offering an unparalleled opportunity for growth within our exclusive community.

Pathway to Progression

For those looking to elevate their journey from facilitation to teaching, our Breathing Space Breathwork Teacher Training offers a second year of in-depth study. This program is crafted for graduates aiming to inspire new facilitators and expand their impact. As a post-graduate pathway, it supports your evolution into a breathwork leader, equipping you with advanced skills, experience, and the community needed to make a significant difference.

Practical Experience

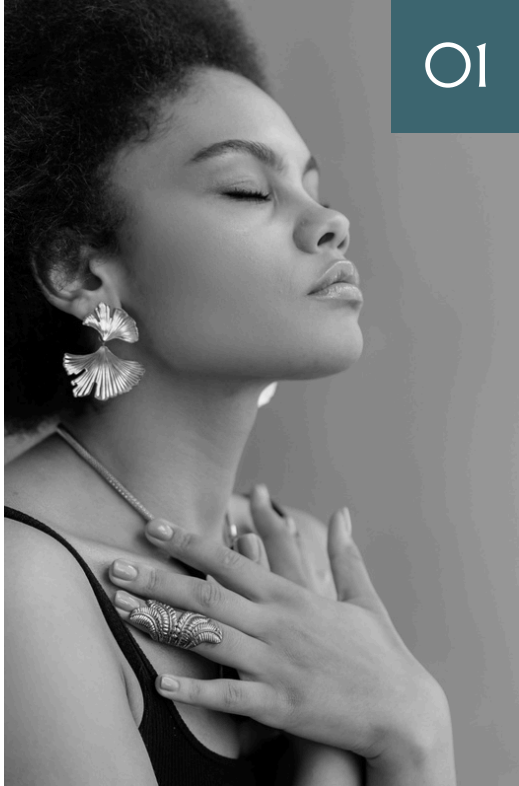
At the core of our program is the belief that real-world practice is the best teacher. Our unique "Online Breathing Spaces" provide weekly opportunities for trainees to attend and eventually lead free online breathwork sessions that reach a global audience. This initiative allows for direct facilitation experience, offering various sessions to accommodate your schedule and accelerate your learning curve in a supportive, real-world environment.



UNIT OVERVIEW

Unit One: Breathwork Essentials

This unit equips you with the essential skills needed to conduct breathwork sessions securely, focusing on managing abreactions with care and professionalism. Learning combines interactive online materials and engaging live Zoom seminars, providing a comprehensive foundation for new facilitators.



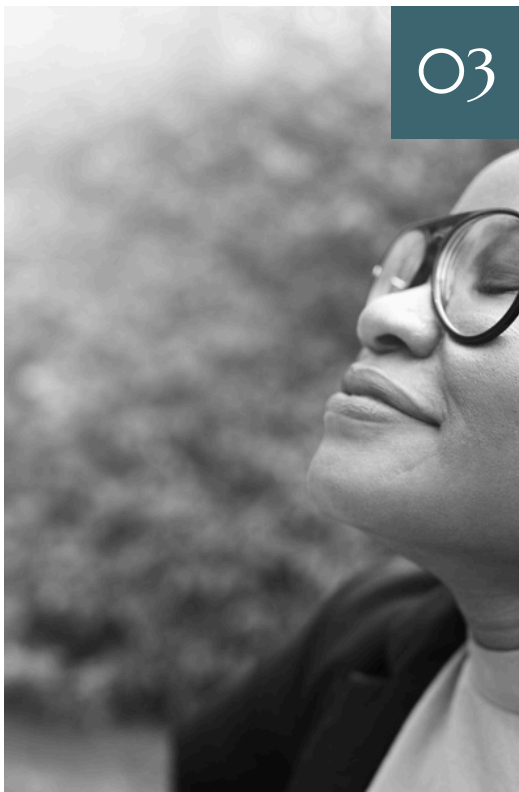
Unit Two: Bodies of Breathwork

Dive deeper into the multifaceted nature of breathwork by understanding the anatomy and physiology of breathing, its impact on emotional and spiritual well-being, and its role in trauma healing. This unit explores the intricate balance between the physical and metaphysical elements of breathwork, offering a holistic view of its transformative power.



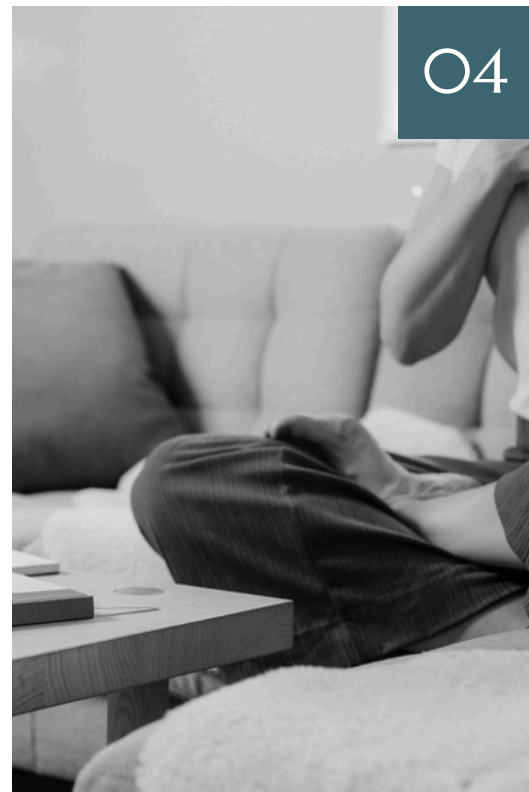
Unit Three: Advanced Facilitation

Refine your facilitation skills with advanced techniques including voicework, physical touch strategies, angel (breathwork facilitator support) training, energy transmission, and essential business skills. This unit is designed to distinguish you as a standout breathwork facilitator.



Unit Four: Home Study & Graduation Project

Deepen your knowledge by selecting three books from our recommended list, enhancing your understanding and application of breathwork. Culminate your learning journey with a graduation project that showcases your personal growth and professional readiness.



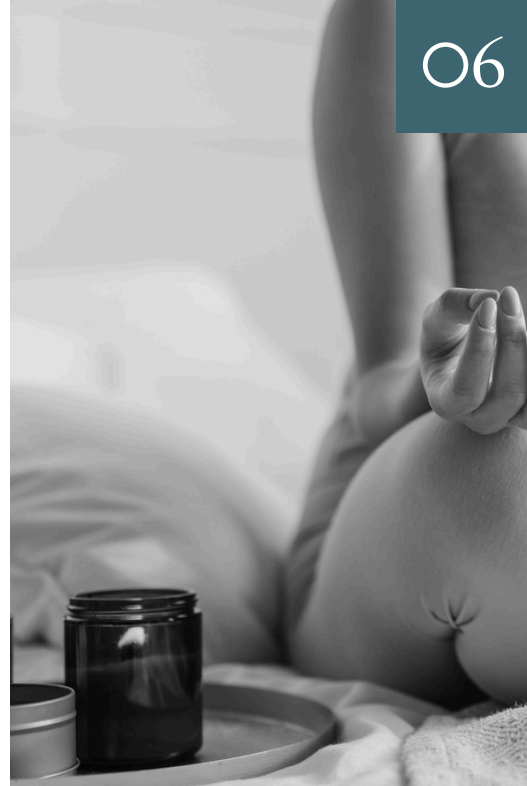
Unit Five: Practical Breathwork Sessions

Master the art of facilitation through direct practice. This includes leading and participating in both individual and group sessions, with a focus on self-reflection and constructive feedback to hone your skills.



Unit Six: Personal Journey & Daily Practice

Underscore the significance of personal growth and daily practice in your development as a facilitator. While not assessed, this unit encourages a commitment to self-exploration and consistency in your breathwork practice.



COURSE STRUCTURE

LIVE IN-PERSON INTERACTIVE SEMINARS

Monthly in-person seminars at my studio in County Durham form the core of our interactive learning experience, offering a dynamic environment for real-time engagement with instructors and peers. These sessions are designed to deepen your understanding of breathwork principles and techniques, fostering a collaborative learning atmosphere.

ONLINE, SELF PACED LEARNING PLATFORM

Our dedicated Online Teaching Platform provides comprehensive course materials, accessible anytime to complement your learning journey. This platform is your go-to resource for theoretical knowledge, offering a flexible way to study the foundational concepts of breathwork facilitation at your own pace.

PRACTICAL BREATHWORK SESSIONS

Regular live breathwork sessions are an integral part of the curriculum, offering hands-on practice to apply what you've learned in real-world settings. These sessions serve as both a learning tool and a personal growth opportunity, allowing you to experience the power of breathwork firsthand.

SELF-DIRECTED HOME STUDY AND ASSIGNMENTS

The program includes self-paced home study components, encouraging you to reinforce your learning through independent review and reflection. This aspect of the course allows for deeper assimilation of the material, ensuring you build a solid foundation of knowledge and skills.

ATTENDANCE AND PARTICIPATION

To maximize your learning experience and meet graduation requirements, attending at least 80% of all seminars and Online Breathing Spaces in real-time is crucial. This commitment ensures you gain the full benefits of the program, including the practical, hands-on experience essential for becoming a skilled breathwork facilitator.

IN-PERSON LEARNING COMPONENT

The Hybrid course includes in-person sessions, designed to enhance your training experience with direct, hands-on practice. These sessions complement the online curriculum, offering you the opportunity to engage in real-world applications of breathwork techniques and deepen your learning as well as sense of community through face-to-face interactions.



IN-PERSON COMPONENT

Overview

The beauty of doing the hybrid pathway is that we have in-person sessions to practice and share with other trainees. We can get hands-on in a way you cannot do via the online path. You will meet, work and touch your fellow facilitators in a safe learning environment. We can practice techniques, find our voices and learn how to hold safe spaces in a classroom setting.

We'll still be learning about the technicalities of running online sessions. Still, the beauty is that we'll get that valuable experience of working and touching actual bodies and helping to improve their breathing functionally and spiritually.

I'll also bring in some fantastic mentors and teachers who will bring their knowledge and experiences up close and personal.

Details

We start on 21st September with our first in-person session.

Then sessions will be run on the third Saturday of every month 10:30 am - 4:30 pm for 10 months - ending in June.

My studio is located on the outskirts of Durham City, in a village called Langley Park.

There is a regular bus service from Durham city and plenty of parking in the village.



“

Being mentored and coached by Jill allowed me to build my confidence organically. As a result, I became confident that I could organise and facilitate my own group breathwork sessions alongside 1-1 sessions.

I feel confident not only in holding space but in my knowledge and theory of breathwork practices.

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JEN

GRADUATION REQUIREMENTS

1	Course Fees All fees must be paid in full.
2	Attendance Trainees must attend at least 80% of the live Seminars throughout the course.
3	Online Breathing Spaces Trainees must attend at least one Online Breathing Space per week.
4	Book Reports Three books related to breathwork must be read and book reports completed for each.
5	Graduation Project A self-directed graduation project must be completed related to breathwork.
6	Practice Breathwork Sessions A series of one-to-one breathworks must be facilitated and received along side self-evaluation and participant feedback.
7	Group Facilitation A series of group breathworks must be facilitated including at least one Online Breathing Space.
8	Personal Practice Daily breathwork practice and longer weekly Conscious Breathwork practice
9	Documentation of Journey Exploring your personal journey through five blog pieces about your experiences
10	Masterclass Attendance Attendance at our monthly Facilitator Circle and Masterclasses

FEE SCHEDULE

**PAYMENT
UP FRONT**
(10 % DISCOUNT)

£3,375

**TOTAL
COST**

£3,750

**PAYMENT
PLAN**
(10 MONTHS)

£375

A NOTE ABOUT BURSARY PLACES

We believe in creating a space that's accessible to everyone. If cost is a barrier, we offer flexible payment options, including Bursary Places that come with a 20% discount. Payment schedules can also be extended to ease the financial load. No one is turned away due to financial constraints.

We're also mindful of the added barriers that marginalized or vulnerable communities often face. Additional discounts are available to help ensure that everyone has the opportunity to join us. We're all in this journey together, and we're committed to making it as inclusive as possible.

APPLICATION PROCESS

- 01 -

LEARN ABOUT OUR PROGRAM

Read through the detailed Course Outline or watch our Open Information Session to understand what our training entails.

- 02 -

CONNECT WITH US

Schedule a no-pressure Discovery Call to discuss your aspirations and how our program aligns with your goals.

- 03 -

SECURE YOUR SPOT

Confirm your commitment to becoming a Breathwork Facilitator by paying a deposit.

- 04 -

WELCOME ABOARD!

Once the deposit has been paid, you will be enrolled and you're on your way to becoming a certified Breathwork Facilitator with us.

BREATHING SPACE FACILITATOR CIRCLE

Step into the heart of a community that's as passionate about Breathwork as you are. From the moment you enroll in our facilitator training program, you become a vital part of the Breathing Space Facilitator Circle, a warm and welcoming family of teachers, mentors, graduates, apprentices, and fellow learners.

BENEFITS:

- Regular masterclasses for continued connection and learning.
- Orientation sessions for welcoming new members.
- Round table discussions to have a deeper exploration of elements of breathwork.
- Graduation ceremonies to celebrate achievements
- An extensive resource library of learning materials and videos.



ALTERNATIVE PATHWAYS

- 01 -

APPRENTICESHIP WITH JILL

Train directly with Jill a seasoned breathwork expert. This one-on-one format provides tailored guidance, focusing on your individual growth as a facilitator.

[LEARN MORE](#)

- 02 -

APPRENTICESHIP

Our 400-hour Apprenticeship Program offers personalized, one-on-one sessions with a dedicated mentor. You set your pace, starting and finishing on your terms, ensuring a tailored approach to learning Breathwork facilitation.

[LEARN MORE](#)

- 03 -

ONLINE GROUP TRAINING

Our Group Online Training offers a dynamic, interactive learning environment, blending live online seminars with practical breathwork sessions. Ideal for those seeking community learning and flexibility, this program connects you with peers and mentors in real-time.

[LEARN MORE](#)



SIGN UP FOR A NO-PRESSURE DISCOVERY CALL TODAY!

We truly believe that whichever training you choose should resonate with you deeply. We invite you to a relaxed, no-pressure discovery call. It's a space for us to connect, understand your goals, and ensure our training aligns with your journey.

Email Jill at the below link to arrange to book a call.

[BOOK A CALL](#)

TESTIMONIALS



”

I would 100% recommend this course. I really enjoyed the learning and practice; I didn't want it to end. Jill is an amazing teacher, and I've gained a friend. If you're thinking about doing it, just go for it. You're not just doing a course; you're starting a whole new business venture, and you'll learn a whole lot about yourself in the process.

-

Jen Teasdale



”

I appreciated the fluidity and flexibility of the course, I've built confidence in myself, improved all aspects of my existing business and have loved connecting to others on the same path. Feels like a lovely little Breathwork family. I'd absolutely recommend Jill as a teacher. Just do it - it's amazing!

-

Meli Heron



”

I have been given a new way of life and to be my authentic self. This one statement doesn't feel big enough for the changes in my life. I've been freed.

-

Julie Carr

BREATHWORK FACILITATOR TRAINING 2024

FAQS

Answers to common questions that we receive about Breathing Space's Breathwork Facilitation Course.



BREATHING SPACE

FAQS

01.

How do I know if Breathwork Facilitation is right for me?

Q- If you're feeling called toward supporting others and have a genuine interest in breathwork's transformative power, then yes, this path might be perfect for you. Many find their way to breathwork facilitation because they seek a meaningful way to contribute to others' well-being and personal growth.

02.

What if I'm pretty new to breathwork?

Q- Beginning your journey into breathwork with fresh eyes and an open heart is a wonderful place to start. Our curriculum is structured to introduce you gently to the principles and practices of breathwork, building your knowledge and experience step by step. Each module is designed to be accessible, regardless of your prior experience.

03.

Can I balance this training with my current responsibilities?

Q- Our program is crafted to offer flexibility, understanding that our students come from various walks of life, often juggling personal and professional responsibilities. The mix of self-directed study and scheduled live sessions allows you to progress at a pace that fits your life without the pressure of a rigid schedule.

04.

Will I receive support during the program?

Q- You will be surrounded by a community of like-minded individuals, including peers, mentors, and experienced instructors, all dedicated to supporting your journey. Our program emphasizes the importance of connection and support, offering regular check-ins, feedback sessions, and a welcoming community space.

FAQS

05.

What happens if I fall behind in my studies?

Q- We understand that life's challenges can sometimes disrupt your study plans. Our program offers the flexibility to adjust your pace as needed. Should you find yourself needing to catch up, we provide resources and support to help you get back on track, including access to recorded sessions

06.

What kind of career opportunities can this training open up?

Q- Upon completion, you'll be well-equipped to embark on a diverse range of career paths within the wellness industry. Our graduates find opportunities in private practice, wellness centers, retreats, and even corporate wellness programs. Additionally, our training provides the foundations for building your own unique offerings, from workshops to online courses, allowing you to craft a career that aligns with your passions.

07.

Are there practical opportunities to apply what I learn?

Q- Absolutely. Practical application is a cornerstone of our training. You'll have numerous opportunities to lead and participate in breathwork sessions, receiving constructive feedback from both peers and instructors. These experiences are invaluable for building your confidence and skill set, preparing you to facilitate sessions effectively in any setting.

08.

What if I'm not good at it?

Q- Doubts and fears are a natural part of embarking on a new journey. Our program is structured to support you through these challenges, offering a safe space to learn, practice, and grow. Remember, proficiency in facilitation comes with time, practice, and the willingness to learn from each experience. Your passion and commitment to the process are what will ultimately define your success and we are here to support you through it.

BOOK YOUR DISCOVERY CALL TODAY!



Book a discovery call with us to ensure our training aligns with your journey. It's a no-pressure conversation aimed at helping you choose a course that truly resonates with your heart and aspirations.

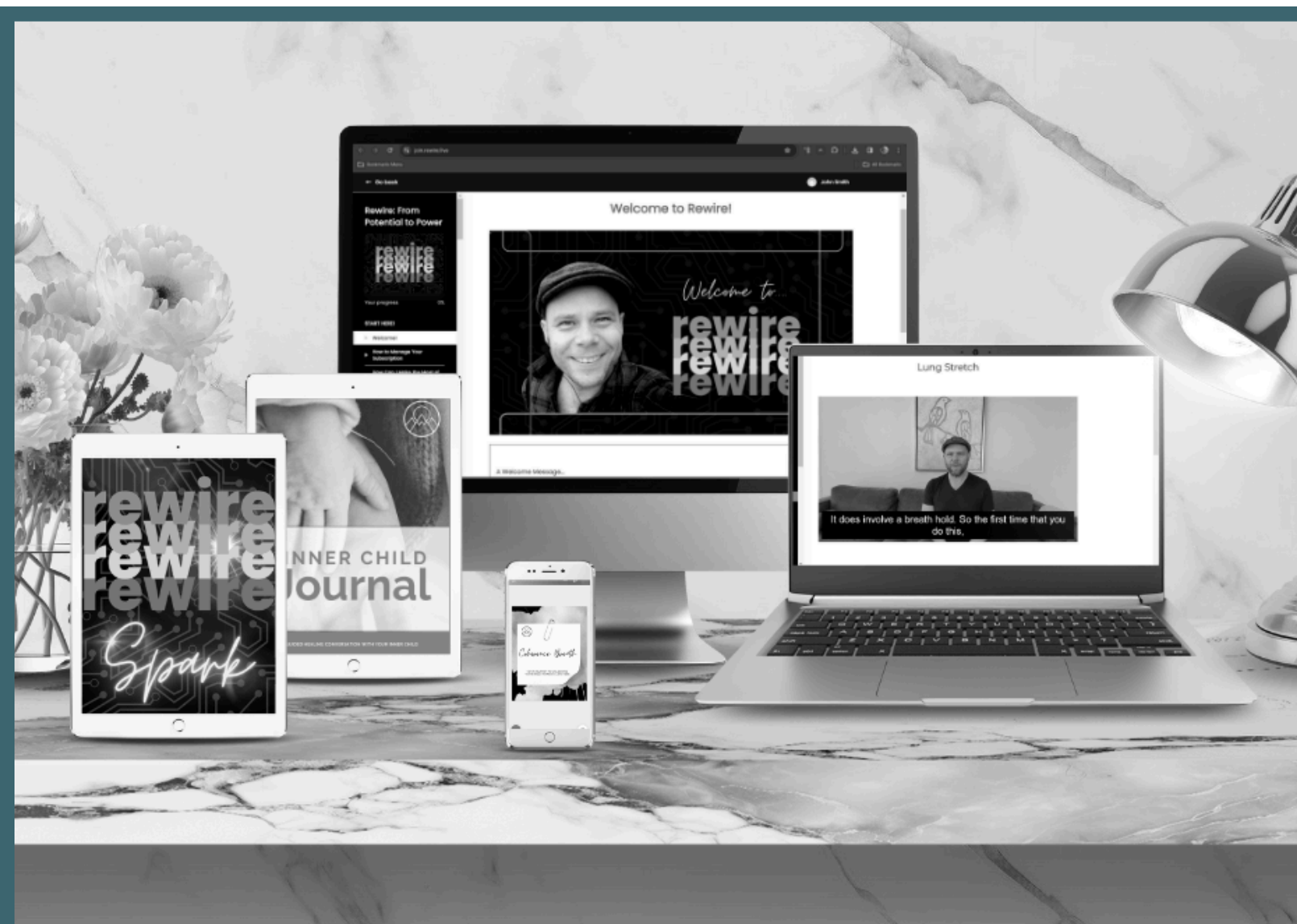
Email Jill at the below link and we'll get a time and date sorted for a discovery call.

BOOK YOUR CALL TODAY!

OTHER COURSES

If you're intrigued by the idea of becoming a Breathwork Facilitator but aren't quite ready to commit to facilitator training, we've got you covered. Our offering includes a variety of both free and paid Breathwork courses designed to deepen your understanding and practice of Breathwork at your own pace. These courses serve as a perfect foundation, allowing you to explore more about Breathwork and its transformative power before making the commitment to become a facilitator.

Whether you're looking to expand your personal practice or simply curious about the depths of Breathwork, these courses offer valuable insights and experiences to guide your journey. Check the website for more details.



THANK YOU!

I hope that you have received all of the information you need to make your decision. When you sign up with Breathing Space, you get a whole breathwork family, not just a life-changing course.

The community and support you will receive are second to none.

The beauty of the hybrid pathway is that we have in-person sessions to practice and share with other trainees. We can get hands-on in a way you cannot do via the online path. You will meet, work with, and touch your fellow facilitators in a safe learning environment. We can practice techniques, find our voices, and learn how to hold safe spaces in a classroom setting.

We'll still be learning about the technicalities of running online sessions and practising with the technology for those. The beauty is that we'll get that valuable experience of working and touching actual human bodies, helping to improve their breathing functionally and deepening their connection to the breath. I'll also bring in some fantastic mentors and teachers who will bring their knowledge and experiences up close and personal.

If you have any other questions, please get in touch.

Warmest Wishes,

Jill x

