



Breathwork Trainings

A Curriculum Handbook

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Preface

Breathwork is not a therapy, although its results can be therapeutic; it is not a healing modality, although it can heal. It is a self directed process of conscious connected breathing, that may or may not be supported by a Breathwork practitioner. So, by its very nature, it is self empowering – no-one can breathe for us but ourselves. When we want to create changes in our lives, Breathwork is a way of discovering what is... consciously and unconsciously. It helps us to develop the skills to change what is not working, use more effectively what is working and move towards creating the life we want.

Breathwork is both an art and a science.

For many Breathwork practitioners it is a vocation, an art form, a following of intuition and spirit. Yet the development of consciousness is a development of awareness – self awareness. As a trainer, it is the awareness and articulation of the skills and knowledge of one's profession. If we do not know or cannot articulate what we are doing as Breathwork practitioners, we cannot fully pass on our knowledge to our students.

The development of a Breathwork curriculum is a way of articulating and passing on knowledge. It is an intellectual process intended to guide a Breathwork trainer and underpin the experience of the student as they develop into Breathwork practitioners.

The curriculum outlined in this booklet is the result of the contemplation and experience of six Breathwork trainers and two long term Breathwork practitioners. It was their attempt to articulate the history of Breathwork, its context and process. It traces the developmental pathway of student to Breathwork practitioner and group facilitator. In articulating a curriculum, Breathwork Trainings International Pty Ltd [2005-2016] situated Breathwork trainings within the context of the Australian education system, as a government accredited course delivered by a government registered training organisation.