

CONSCIOUS BREATHWORK

FACILITATOR TRAINING

by Jean Rossouw (Bodhi Breathwork)

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70 Hour Intensive | 6 month Case Studies (in your own time)
Penamacor, Portugal

The aim of this training program is to equip and teach trainee's, the process and practicalities involved in facilitating a Conscious Connected Breathwork session, in a group or private setting.

Who is this for?

Anyone, especially for those already working with clients.

Breath is our greatest gift and the ideal tool to navigate change!
Now you have an opportunity to learn more about its transformative power for the evolution of your own consciousness, while being able to safely guide others in the same way.

Working with Breath means working on Yourself, as you allow for deeper connection with your intuition in order to hold space for others.

Exchange

€2100pp | Shared Room in main House

€2400pp | Private Room in main House

€2100pp | Shared Cottage on Farm-stay (ideal for 2 friends)

€2200pp | Private room in Cottage on Farm-stay

Included:

Facilitator Training, Accommodation, Breakfast (only main house),
Lunch, Snacks & Tea



BODHI
BREATHWORK

Training Outline



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Day 1

Introduction to Conscious Connected Breathwork

Day 2

The Realm of Breathwork

Day 3

Elements involved in Conscious Connected Breathwork

Day 4

Guiding a 1:1 Conscious Breathwork session

Day 5

Practical sessions

Day 6

Facilitating a group Conscious Breathwork session

Day 7

Music in a Conscious Breathwork Journey

Day 8

Intuition as a Guiding Force | Practical sessions

Day 9

Integrating Transformational Experiences

Practical sessions

Day 10

Ongoing support, Ethics and starting out!

Practical Requirements



*Pre-requisite : Have attended at least 3 x Conscious Connected / Transformational Breathwork sessions.

*Self Study of Anatomy and Breathing Physiology

*Provide feedback on 10 x 1:1 sessions with friends or family

*Provide feedback on 10 x group sessions with friends or family (2-6 people)

*Attendance of at least 10 x CCB sessions with an experienced Facilitator (in-person or online)

*Putting together a CCB Playlist (optional)

This training program serves as an opportunity to explore your own psyche with Breath as your guide. It goes hand in hand with self development, thus, in order to hold space for others requires you to deepen your understanding of you truly are. Each module contains components that will empower you to break through limitations, expand awareness & follow the path with Heart.



Ongoing Support



- By joining this program you will receive ongoing support on your journey (via zoom, regarding questions, new findings, difficult situations etc), and also have the opportunity to become a team member of Bodhi Breathwork.
- You will receive full access to a collection of Breathwork music categories and playlists to get you started.
- You will receive a list of Coaching Assists & added techniques to implement during sessions as you build experience on this journey.

Where will the training happen?

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This in-person intensive CCB facilitator training will take place in a spacious, beautiful house with a studio, in the village of Penamacor, Portugal.

We will coordinate participant arrival times and each person will receive information and directions on how to get to the main house in Penamacor, or farm stay just outside the village. Swimming spots and nature walks are easily reachable from the Village. We will also be going on group excursions to the beautiful, sacred surrounding areas!



Accommodation & Transportation



The main house where the training happens is very spacious with plenty of personal space if needed. There are 3 shared rooms, 2 private rooms, 2 shared bathrooms, big living room, studio space and a big garden. The house is situated in the centre of the little village of Penamacor.

The other private accommodation option is a Superadobe cottage on a nearby farm stay. For this option, a rental car is required and it is ideal for 2 friends sharing the space.

We will have a Whatsapp group to share info regarding accommodation and transportation to the village. There will be busses from Lisbon or Porto to Coimbra, and from there a bus to Penamacor. We will coordinate everything while you enjoy your journey through Central Portugal.



What's the vibe like



The little village has a few restaurants, shops, a small supermarket and an organic store. There's a castle and some hiking routes outside the village, after lessons you are free to go on your own adventures around the area. A rental car works well to explore further areas,

We are lucky to have the most incredible chef, Christina, who will surprise us each day with mouthwatering, delicious, vegan, gluten-free breakfast, lunch & dessert. A real treat!

If there's anything else you would like to know regarding this training, please get in touch with Jean. See you in Penamacor for this transformational experience to remember!

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