

# CONSCIOUS BREATHWORK

Facilitator Training | 2 week Intensive



29th May - 9th June 2023  
Penamacor | Portugal



BODHI  
BREATHWORK

**29th May - 9th June 2023**

**60hr Intensive Training**

**Exchange: €1300**

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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.

### **What's included?**

Conscious Connected Breathwork Facilitation training, lunch & snacks.



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BREATHWORK

# Training Outline



## 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

## Day 9

Integrating Transformational Experiences

## Day 10

Ongoing support and starting out!



# Practical Requirements



Pre-requisite : Have attended at least 1 x Conscious Connected / Transformational Breathwork session.

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)



## Ongoing Support



By joining this program you will receive ongoing support on your journey (regarding questions, new findings, difficult situations etc), and also have the opportunity to become a team member of Bodhi Breathwork. Please get in touch to discuss possibilities.

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?



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

Please get in touch for accommodation options in the village or a beautiful farm just outside!  
(Alternatively, you can check out Airbnb for options)







### ~ About me, Jean Rossouw~

I am a Certified Breathwork Practitioner & Facilitator, Yoga Instructor, Transformational Guide, Entheogenic explorer & Traveler. I am passionate about introducing people to the power of Breathwork for physical, spiritual and psychological wellbeing, while being a keen explorer of modalities that further these dimensions of living.

Driven by a passion for healing, change and growth, I am inspired by the overlap between spirituality, neuroscience and transpersonal states. I support inner transformation and personal development through various tools, such as Breathwork, Yoga and Entheogenic exploration.

Through these modalities we are guided to evolve our consciousness, expand our knowing and connect with the healer within. Through accessing more of our authenticity, we support a more meaningful, purposeful and harmonious life.

### ~ More about my Journey ~

Since I was twenty years old, my interest in expanded states of consciousness got ignited by Psilocybin Cubensis (Mushrooms), shaping this curiosity into a path which has been driven by books about Consciousness, Spirituality and Entheogens.

Entheogen's (Psychedelics) gave me the first glimpse of the magical essence of my Breath. During my years of travelling the continents, Yoga came on my path which shifted my awareness inwards. I did Hatha Yoga teacher training in India and Yin Yoga in South Africa, where I gained a basic knowledge on Breath Awareness and Pranayama (Breath Regulation).

From here my path took me to the Amazon Jungle where the sacred medicine Ayahuasca clearly sent a message into the depths of my being. My breath is my connection to myself, to the earth...to everything in the universe...to all other dimensions. Ultimately to the question "Am I?", and the answer "I am".

After experiencing Holotropic Breathwork in San Francisco in 2015, I got the clear message that I should delve deeper into Breathwork and possibly start training in the field. I came back to South Africa and found Breathwork Africa with Dr Ela Manga as my teacher.

This was the start of my official training as a practitioner, and since then I've completed my Foundations course and Advanced Breathwork Practitioner training. I went back to California and did more Breathwork Facilitation Training at The Breath Centre, with Michael Brian Baker. After that I've attended workshops with Dan Brulé in California and South Africa, learning more about Breathwork as a whole. There's been so many inspiring people on my path and all of them contributed to my knowledge and understanding on Breathwork and Transformational experiences.

I have come to a point where I would like to teach people how to facilitate sessions with Breath as a tool for Transformation. Now is the time where people need to wake up to their breath in order to break the cycle of generational trauma, outdated beliefs and get in touch with their Authenticity, which today can be seen as a survival necessity.

If you need to get in touch with me:

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