



Therapeutic Breathwork™ Training Program

Summer 2014 Modules in Special Topics in Breathwork

An Introduction to Therapeutic Breathwork for Caregivers

Breathworker Certification Training - Module 1 - Dry Breathwork

The purpose of this training is to introduce breathwork and to enhance therapeutic breathwork skills not taught in other trainings.

Participants will learn to:

- Identify ineffective breathing patterns,
- Teach healthy breathing skills,
- Use breathwork to address issues of depression, anxiety and addictions,
- Integrate breathwork into a professional practice,
- Monitor and release personal holding patterns that interfere with clarity as a therapeutic breathworker in the healing arts.

This course is available through Distance Learning. To be included as part of certification it should be taken for CE credit at:

<http://www.transformationsusa.com/continuing-education.php>

>BC Module 1: Introduction to Breathwork for Professional Caregivers

Energy Release and Body Types in Breathwork

Breathworker Certification Training - Module 4 August 14, 9 am - 5:30 pm

Practice in body reading and releasing techniques.

The Anatomy of Breathwork

Breathworker Certification Training - Module 5 August 15, 9 am - 5:30 pm

Evolution of breathwork and its effects, physiological to spiritual.

Breathwork in Water

Breathwork Certification Training - Module 2 August 16, 12:30 pm - 9:00 pm

Practice in use of water in dealing with perinatal issues.

Group Breathwork

Breathworker Certification Training - Module 3 August 17, 9 am - 5:30 pm

Practice in constructing and leading group breathwork.

Therapeutic Breathwork Certification

Participants completing Modules 1 - Dry Breathwork, Module 2, - Breathwork in Water Training, Module 3 - Group Breathwork and one other Module receive Level I Breathworker in Training Certification or Level II Certification if you already have Level I.

Fees:

Module 1 \$97 CE Distance Learning

Modules 2 through 6 \$160 each

Add \$25/each for live Modules taken for Continuing Education credits.

CONTINUING EDUCATION FOR PROFESSIONALS

Courses are approved by the National Board of Certified Counselors (NBCC) and the National Association of Alcoholism and Drug Abuse Counselors (NAADAC) for professional continuing education in the United States.

Module	CE hrs
<i>An Introduction to Breathwork for Professional Caregivers</i>	12 hrs
<i>Breathwork in Water</i>	8 hrs
<i>Group Breathwork</i>	8 hrs
<i>The Anatomy of Breathwork</i>	8 hrs
<i>Energy Release and Body Types in Breathwork</i>	8 hrs
<i>Touch and Movement in Breathwork</i>	8 hrs



Therapeutic Breathwork™ Training Program

Breathwork Modules Registration

Your Informations:

Name _____

Address _____

Address _____

City _____ State _____

ZIP _____

Phone _____

E-mail _____

To register:

By phone: Call 414 351 5770

By mail: Send to Transformations
4200 W Good Hope Rd
Milwaukee, WI 53209

Enclose this form with check or money order

By fax: Send to Transformations
414 351 5760

VISA or MASTERCARD

Exp. date _____

Signature _____

An Introduction to Therapeutic Breathwork for Caregivers

Order at:

<http://www.transformationsusa.com/continuing-education.php>

>BC Module I: Introduction to Breathwork for Professional Caregivers \$97

August 14 *Energy Release and Body Types in Breathwork* \$160 _____

August 15 *The Anatomy of Breathwork* \$160 _____

August 16 *Breathwork in Water* \$160 _____

August 17 *Group Breathwork* \$160 _____

Modules taken for Continuing Education

add \$25 each _____

Total _____