

Transformations Breathworker Training Program
Summer Residential Certification Trainings
August 22-26, 2011

Level I - II • 36 CE credits

Basic Therapeutic Breathwork Training

by Jim Morningstar with Steve Moe and TBTP training staff

The purpose of this residential training is to teach breathwork skills to those in the healing professions. Breathwork is a science and healing art which uses conscious breathing practices to explore, release and integrate mental, emotional and physical energies and assist clients to:

- Resolve chronic holding patterns in mind, body and spirit
- Release emotional material stored within the muscles and tissue
- Unravel relationship patterns that interfere with a sense of personal well-being
- Experience a felt sense of self love in their bodies.

Participants will learn to:

- Identify ineffective breathing patterns
- Teach healthy breathing skills to individuals and groups
- Use breathwork to address issues of trauma recovery, depression, anxiety and addictions
- Integrate breathwork into their standard clinical practice
- Utilize water as a medium for breathwork and facilitated movement
- Monitor and release personal issues that interfere with clarity as a practitioner.

Dates: August 22-26, 2011

Time: 10 am(8/22)-noon(8/26)

Place: Cedar Valley, West Bend, WI

Tuition: \$1345.00

Level II - III • 36 CE credits

Advanced Therapeutic Breathwork Training

by Jim Morningstar with Steve Moe and TBTP training staff

The purpose of this advanced practicum is to give direct and intensive supervision to professional breathworkers in a supportive healing setting. This is an opportunity to reach a new level of mindfulness in one's work as a healer. The limited size of the group allows for more immediate feedback from the trainers. Participants will learn to:

- Apply principles of breathwork and advanced energy reading and healing techniques with a variety of clients
- Integrate and expand present clinical skills into supervised breathwork sessions
- Practice dry, wet and group breathwork and group leadership
- Heal and clear self while giving highest service to clients
- Become a more confident and competent breathworker.

This practicum is for those who have already done breathwork sessions with others and who are ready to dramatically enhance their professional skills. There is an application and selection process with limited enrollment. A certificate of completion is awarded as well as an appropriate level of Breathworker Certification.

Dates: August 22-26, 2011

Time: 10 am(8/22)-noon(8/26)

Place: Cedar Valley, West Bend, WI

Tuition: \$1395.00

Level IV • 36 CE credits

[Breathwork Trainer Apprenticeship](#)

by Jim Morningstar with Steve Moe and TBTP training staff

Professional breathworkers who are seeking to enhance skills as trainers will work under the direct supervision of the Transformation Breathwork Training Staff. Trainers will Learn to:

- Coach breathworkers to maximize their talents
- Facilitate in the planning, content and flow of training programs
- Increase confidence in constructing successful learning experiences
- Orchestrate teamwork in a training

Dates: August 22-26, 2011

Time: 10 am(8/22)-noon(8/26)

Place: Cedar Valley, West Bend, WI

Tuition: \$1395.00

The residential training prices include room and board.

Three hundred dollars deposit due with application, balance due July 15, 2011.

Fifty dollar discount if paid in full by June 6, 2011.

Training Site:

“Cedar Valley” near West Bend, WI is nestled in the serene Kettle Moraine area with a pond, pool, hot tub available for breathwork sessions and comfortable accommodations.

Application:

Three hundred dollar deposit must be accompanied with a one page statement of your goals for the training to which you are applying and your prior healing arts experience. The balance due July 15, 2011. The TBTP Staff reserves the right to select the training appropriate to your experience level.