

03/05 - 04/12

Breathwork
Bali

Apply for our Breathwork Bali Practitioner Training in March 2024

train with us.

Become a 1:1
practitioner with
Breathwork Bali.

First Step: Embodied Science of Breath (ESB)

Embodied Science of Breath (ESB) is a one month program to deepen your understanding and practice of breathwork. ESB can be taken as a stand alone course, and also counts as a prerequisite towards applying for our practitioner training. It will be delivered over eight sessions, including both cognitive and experiential forms of education.

Second Step: Breathwork Practitioner Training

This will be a personally transformative experience, with over 200 hours in the training space, that will enable you to share the teachings of Breathwork (1:1). Important note: this does not qualify you to lead small or large groups, only to work with one client at a time.

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After joining our ESB, you can apply for our 6-week training to become a 1:1 practitioner with Breathwork Bali.

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What you will learn with us.

- How to hold nervous system-informed space for clients
- Breath mechanics and related anatomy
- The interconnected nature of body, mind, emotions and spirit
- How to read patterns of breathing, and how to support dynamic function
- Facilitation styles and bodywork
- How create a breathwork practice that is clear and professional
- How to curate music and create a playlist for a breathwork journey
- How to support breathwork circles led by trained leaders

Dates and Time Commitment.

IN PERSON MODULE

March 5, April 12 2024. ~35hrs per week (plus a closing dinner on April 14).

- Tuesday to Friday, 9am to 4pm (with lunch break)
- Once per week public circle support (rotating schedule)
- Additional partnered sessions with other students each week
- Daily personal practice
- The last week of this in-person module includes supervised sessions and skills assessment

PRACTICUM: WEEKLY SUPERVISION FOR 4 WEEKS

- Weekly group calls 60-90 minutes per week
- Case studies completed under supervision
- Start date TBD. (no sooner then 2 weeks after the in-person module)

ADDITIONAL MODULE OPTION

- The Business of Breathwork with Carly Taber (offered after the practicum)

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At the end of this program you will be able to facilitate nervous system informed 1:1 breathwork sessions and support circles with our approved leaders.

Our training standards are meticulously designed to ensure each practitioner is equipped with comprehensive knowledge, skill, and compassion. From understanding the intricate facets of reading patterns of breath and capacity of the nervous system, to upholding the sanctity of client-practitioner relationships, our training programs encompass every aspect.

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The Application Process.

We need to see how your system responds to Breathwork and how each person shows up to this practice. This is why we designed the following application process:

1. Pre-requisite to an application: Participation in our 1-month Embodied Science of Breath (ESB) Training
2. Application via: Max. 5 minute video application and a personal interview.

VIDEO APPLICATION

We would appreciate you reflecting on the following lead questions. If there are any other things which are important for you to share with us, please do.

- What is your intention for this practitioner training?
- Why do you want to become a practitioner with Breathwork Bali?
- What do you think will be your personal edge for the training?
- Do you see areas where you will be challenged?
- What are your natural gifts?
- What are you most excited to learn in the training?

ADDRESS OF THE BREATHWORK SCHOOL

- Google Maps: Breathwork Bali
- Desa Lima, Munggu, Kec. Mengwi, Jl. Babadan Bali 80351, Indonesia

ACCOMODATION

Accommodation is not included and needs to be booked by yourself.

PAYMENT DETAILS

- Investment is \$ 8,500 USD
- 50% deposit is required to secure your spot
- Payment via Credit Card (Payment Link on request) or International Bank Transfer / Wise (Bank details will be sent separately)

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**Because this work is client-led,
our practitioners learn how to
adapt our facilitation techniques
to whomever might walk into
their treatment room.**

Our training provides both intellectual and embodied education. In order to support and facilitate a wide variety of breathing patterns and states in the nervous system, we ask potential applicants to face and navigate their own patterns and edges, with a willingness to lean into spaces that may initially be uncomfortable. Alongside theory and technique as facilitators, our practitioners have spent hours in their own journeys, receiving facilitation.

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Your Path after the Training.

There is a base level of skills required to complete the in-person training. In the case that the student cannot demonstrate these skills in the allotted 6-weeks, the student has the following options to upskill to reach completion:

- Paid mentorship with a faculty of staff (can be private or in small groups)
- Practice through supporting Breathwork Bali circles
- Exchange work with peers and/or self-organized study groups

The student will need to organize a final assessment with their teaching faculty. In light of this, it is encouraged to plan additional time in Bali after the end date of the training. This avoids the potential of flying out without passing the in-person training; which would mean the student would not be able to offer 1:1s in affiliation with our technique.

Upon receiving a 'completion' from the teaching team, the student then enters practicum with supervised case studies, after which the student may 'graduate' from practitioner training and begin offering 1:1s in affiliation with the technique.

In the history of this team and organization, we notice that the people who excel are those who stay on for a minimum of 1-3 months afterwards to continue learning, applying themselves to the practice and studying with each other (or returning at a later date).

The people who become skillful practitioners tend to:

- Extended stay to work with the Breathwork Bali team or return for more upskilling
- Spend time working in 1:1 setting, and then return for more upskilling / training / assessment
- Seeks out and is willing to receive feedback – to understand where they can grow and improve as a facilitator

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The difference between Graduation and Certification.

Certification is linked to a high standard of skills and qualities in a facilitator which can only be developed at a rate unique to each individual. This is an ongoing process after this training, including more mentorship and upskilling workshops.

GRADUATION

- “I completed my training with Breathwork Bali, and am working towards certification in their technique.” OR “I trained with Breathwork Bali, but am not officially certified in their technique.”
- You can offer breathwork sessions with affiliation to our technique, but will not be listed as a certified practitioner on our website.

CERTIFICATION

- We are setting a gold standard for a nervous system informed approach to facilitate breathwork. This is a process that takes time, sometimes hundreds of hours of working with clients. We cannot guarantee a timeline. It depends on the individual’s natural and learned skills coming into our training.
- Will be preferred as referrals and invitations to support or co-facilitate our programs, retreats and trainings.

IN PERSON TRAINING

- Must complete all 6 weeks of training
- Demonstrates all required skills
- Receives a ‘pass’ from teaching team before the student can enter into practicum

PRACTICUM

- Weekly online group calls (for 4 weeks)
- Case studies* completed under supervision

GRADUATION

- Can offer 1:1s in affiliation with the brand and technique

CERTIFICATION

- Requires recorded hours in private practice (1:1s)
- Returning for skills assessment and mentorship
- Higher level of skills demonstrated
- Eligible to enter mentorship to lead small groups and/or become a circle lead

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**Please send us your
Application Video via
WhatsApp.**

[WhatsApp to +62 81238020194](https://www.whatsapp.com/business/contact?phone=6281238020194)

@breathworkbali
www.breathworkbali.com

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