

PATH TO CERTIFICATION

IN ALIGNMENT WITH INTERNATIONAL TRAINING STANDARDS



module 1
foundations - 100 hrs
(available in 25, 50, 100 hrs)



module 2
practitioner fundamentals
50 hrs



module 3
practitioner skills
50 hrs



module 4
practitioner systems
50 hrs



module 5
practitioner essentials
50 hrs



certified breathwork practitioner - 400 hrs
(includes 100 hrs self-study, practicum, exams)

additional advanced facilitator modules



groups /
ceremonies
100 hrs

business for
breathworkers
50 hrs

communication /
counselling
50 hrs

breathwork for
pregnancy
50 hrs

embodied movement
for breathworkers
50 hrs

bodywork for
breathworkers
50 hrs