

05/01 - 05/24

Breathwork
Bali

Breathwork Bali Embodied Science of Breath May 2024

Our signature one-month program and
prerequisite for the practitioner training

Deepen your
Breathwork practice
with Breathwork Bali.

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Our signature one-month program and prerequisite for the practitioner training.

Embodied Science of Breath (ESB) is a one month program to deepen your understanding and practice of breathwork – led by the Breathwork Bali team. 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.

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About this program.

ESB can be taken as a stand alone course, and also counts as a prerequisite towards applying for our practitioner training.

This signature one-month program is for you, if you would like to:

- Establish or deepen your breath practice.
- Create a felt understanding of how your nervous system functions.
- Learn the science behind the woo woo.

You will learn:

- Styles of breathwork
- Patterns of breathing
- Nervous system function and regulation
- General respiratory anatomy
- Connection of body, mind, emotions, and spirit

Some benefits of this practice include:

- Enhance mental clarity, energy, and focus
- Capacity to stay present with all emotions
- More easily access deep rest and relaxation
- Strengthening the body-mind connection
- Feeling calm within yourself regardless of external circumstances

How it works.

We'll meet two days a week, for four weeks in May. Each day includes theory, discussion and a guided breathwork journey so you can embody the content.

DATES AND TIMES (May 1 to 24):

- Wednesday Afternoons (12:30PM - 4PM): 1. 8. 15. 22.
- Friday Mornings (9:30AM - 1PM): 3. 10. 17. 24.
- Closing Ceremony: 24.

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The Application Process.

This training requires:

- A minimum 10h of breathwork experience
- A 2 min application video speaking about who you are, your intention and motivation to join.

VIDEO APPLICATION

If you desire to establish or deepen your breathwork practice, create understanding of your nervous system and you are interested in participating in this one month container, send your application video via WhatsApp to +62 81238020194.

Payment and more Details.

INVESTMENT AND PAYMENT DETAILS

- Investment is \$ 1.000,00 USD
- Payment is in full required to secure your spot
- Payment via Credit Card (Payment Link on request) or International Bank Transfer / Wise (Bank details will be sent separately)

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.

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

[WhatsApp to +62 85958929384](https://www.whatsapp.com/chat?phone=6285958929384)

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