

Elements of breath



Application form

Please complete and send this form and payment to:

Jane Okondo, Lovesbody, 11 Tristan Square, London SE3 9UB

Name:

Address:

Telephone Number(s):

Email address:

Personal history

Please give details of the following:

1. Any previous experience with breathwork / rebirthing / meditation:

2. Past and current health issues:

3. Experience of past and current therapy / complementary medicine / meditation, etc:

4. Please give details of any training and qualifications you have:

5. Please give details of current therapeutic practice:

6. Please write down what you are looking for from the Elements of Breath training:



I would like to register for the following: (please tick)

a. Professional training for health practitioners, coaches, and counsellors: []

Provides on-going professional development to add skills and enhance your practice.

Healthy medicine of breath	[]
Stress therapy, breath wisdom	[]
Integrating breath awareness into your practice	[]
Continuum weekend(s)	[]
Breathing practice day(s)	[]
Supervision	[]

You can book each lesson for one person, or up to a maximum of six people. The length of the lesson depends upon the number of people.

2 hour Individual session	[]
3 hour Individual session	[]

b. Professional Conscious Breath practitioner training []

This program provides the required number of hours of training and individual sessions needed to become a member of the professional breathwork organization (BRS) as an apprentice. This allows you to begin working with clients under supervision. The program includes the following:

Theory and practice training:

Level 1 Healthy Medicine of Breath - consists of four lessons
Level 2 Stress Therapy, Breath Wisdom - consists of five lessons
Level 4 Spirit of Breath - consists of three lessons

Training for facilitating breath sessions:

Consciousness and Breath practice days x 10

Personal journey:

Individual sessions x 10

Individual lessons and sessions and practice days are based in Blackheath, London. For groups of six you can organize a training to be located in your area/organization. Please call Jane for details, tel. 020 8318 9466.

Elements training payment details

Investment:

Healthy Medicine of Breath course	£475	Theory and practice lessons	£120
Stress Therapy, Breath Wisdom course	£575	Three hour breath sessions	£120
Spirit or Breath course	£325	Two hour breath sessions	£80
Breathing practice days	£80	One hour Supervision	£40

Please read the Lovesbody Booking Conditions:

1. Registration for trainings and workshops are to be made in writing using the booking form.
2. Bookings will be confirmed following receipt of payment paid in £(sterling).
3. If Lovesbody (due to unforeseen circumstances) has to cancel a training or workshop, liability shall be limited to the refund of payment received. No liability shall be held to any other party or for any other costs incurred by the participant.
4. All cancellations must be submitted in writing and no later than four weeks before commencement of the training or workshop, after which all payments are un-refundable.
5. In the case of an emergency participation maybe transferred to the next available weekend. It is only possible to transfer once.
6. In confirming acceptance of the place offered on any training or workshop, the participant is thereby undertaking responsibility for the payment of the fees in full.
8. Lovesbody reserves the right to alter dates or venues due to unforeseen or exceptional circumstances and there will be no liability to any party for costs.

I confirm that I have read the Lovesbody booking conditions.

Signed Dated

Please send completed application form and payment (payable to Jane Okondo) to:

Jane Okondo, Elements of Breath, 11 Tristan Square, London SE3 9UB.