

Elements of breath



A training course that provides balanced and holistic health that truly satisfies

"Having learned about the healing power of breath has been a most wonderful and enriching gift. Jane creates the most wonderful healing and nurturing space, and learning about my breath has allowed my whole being to learn how to drop into a deep sense of calm and stillness. Jane has the ability to open up a whole new world of possibilities, where the infinite wisdom and subtle language of the human body can be explored." Tajinder Chana, Counsellor.

The training covers

- How to perceive changing breath patterns and how they relate to health issues
- Un-lock tension and rebalance through breath
- Understand the connection between breath, stress and anxiety
- Understand how to clear somatic shock
- Learning how breathing allows feeling and sensations to deepen
- Experience the relationship between emotions and breath
- Understand how core thoughts impact breath and body tension patterns
- Facilitating entering into a place of inner stillness and resources
- Facilitating conscious connected breathing sessions
- Learn how breathing releases our self-expression
- Healing with sound and fluid movement
- Breath as a resource tool
- Essential anatomy, physiology and energy of breathing

Design of the program

Through many years of teaching, I have designed a program that teaches the essence of breath. It teaches you to be fully in tune and master of your own breath. From here it is easy to share this knowledge and practice with others.

This is a modular course that allows you to learn at your own pace. What this means is that you can simply take one or two lessons, or you can take the full training. The course is based upon a strong embodiment of breath awareness and skills and includes personal sessions that allow you to transform areas of your own life. This is a highly effective way of understanding the healing potential of breath.

The course is designed to fulfil all the requirements of the UK Professional Breathwork Organization up to the level of apprentice practitioner. The British Rebirth Society and organization for Transformational Breathwork: www.rebirthingbreathwork.co.uk

How does the training work?

The training is made up of four elements; theory and practice lessons; conscious breath practice days; individual personal journey sessions and supervision. Tuition incorporates visual presentations, experiential processes and practical sessions.

Training choices

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

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

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 3 Integrating breath awareness into your practice - consists of one lesson

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.

b. Professional Conscious Breath practitioner training:

This program provides the 100 hours of training and 10 individual sessions required 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:

Conscious Breath practice days x 10

Personal journey:

Individual sessions x 10

Where is the training held?

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.

To register:

For more information please contact jane@lovesbody.co.uk or call 0208 318 9466. The application form may also be downloaded from www.lovesbody.co.uk/training

Fill in the application form and return to Jane Okondo, Elements of Breath, 11 Tristan Square, London SE3 9UB.

Investment:

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



If you have a sense of how important breath is and you want to learn more about it, then this training is for you.

Details of each course:

Healthy Medicine of Breath

Lesson 1

Opening breath within the body.
Breathing in relationship to ground/support.
Nose breathing for flowing breath.
Inhale and exhale.

Lesson 3

Breathing centres – diaphragms .
Dance of the diaphragms.
Deconstructing the breath.

Lesson 2

Building body awareness.
Thought and breath.
Summer breath meditation.
Refining inhale and exhale.

Lesson 4

Reading the breath.
Being in the now as an orientation.

Breath Wisdom for healing Stress and Anxiety

Lesson 1

What causes breath?
How stress shows up in the body.
and is held within the breath.
Cortisol, CO2 and faster breath.
Nose breathing and why.

Lesson 3

Hyperventilation.
Softening the body armour.
Continuum Breaths. Lunar and mala.
Pace of breath – opening the tissue to breath.

Lesson 5

Anxiety and panic attacks and how to work with.
Thought link to body tissue.
Letting go into the breath exercise.

Lesson 2

Resources.
Breathing fields.
Three centres of breathing (nose).
Review of body awareness.
Propping/collapsing/yielding breath.

Lesson 4

Frozen breathing.
Continuum Breaths. Jacques.
Pace of breath – opening the tissue
to breath cont.

Spirit of the breath

Facilitating conscious connected breathing sessions training.

To register contact Jane at jane@elementsofbreath.com