



## CONSCIOUS BREATHWORK

10-Week Mentorship Program



STARTING 21 SEPTEMBER 2021

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### Understand Breath as a Sacred Tool for Transformation

It's with great excitement to announce that Bodhi Breathwork will be offering a 10 week "Conscious Breathwork" mentorship program, starting **21st September 2021**. Meetings will take place every Tuesday, morning or afternoon (time to be confirmed after input from all participants). **Location: Bodhi Studio, 25 Luisa Way, Hout Bay (Cape Town)**

**The aim of this program is to equip and teach trainee's, the process and practicalities involved in facilitating a Conscious Breathwork session, in a group or private setting.**

Awareness around Breathwork is expanding rapidly around the globe due to its effectiveness as a tool for self awareness, self regulation and self transformation. As a Certified Breathwork Practitioner with adequate experience in facilitating Conscious Connected Breathwork sessions, it feels in alignment to share the intricacies and flow of this powerful healing modality - while reaching more people who truly needs it.

#### ~ Who is this for? ~

If you are a practitioner in the following fields, then this program will deepen your expertise and knowledge on Breath as a tool for Transformation:

*Breathwork, Yoga, Reiki, Energy Healing, Body Worker, Psychology, Psychotherapy, Psychedelic Therapy, Addiction Therapy, Alternative Therapy, Body Stress Release, Trauma Counselling, Emotional Freedom Techniques, Health Coach, Life Coach, Tantra & Theta Healing (plus other Transformational Healing modalities)*

**The program is not limited to people in any of the above fields - if you are in a completely different profession and would like to become equipped with the necessary knowledge to facilitate Conscious Breathwork sessions, you may also apply.**

The program will meet you where you are and it will take you to the level of complete confidence in facilitating Conscious Connected Breathwork sessions. Whether this is something extra you would like to offer to clients, or maybe this is where you would like to shift your focus.

My intention is to mentor trainee's on a personal and professional level as we move through the most important aspects involved in facilitating a group or 1:1 Conscious Connected Breathwork session.

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### **~ The Program outline ~**

This program will start on 21st September 2021 and conclude on 23rd November 2021. Weekly meetings on Tuesdays (Time to be confirmed) at Bodhi Studio, 25 Luisa Way, Hout Bay. Follow-up support will continue after the program/course!

#### **Week 1: Opening & Introduction to Conscious Breathwork**

- Overview of Program, Transformational Breathing variations, Styles & History
- Self Study of Anatomy & Breathing Physiology

#### **Week 2: The Realm of Breathwork**

- Awareness, Regulation & Transformation
- Breath Intelligence

#### **Week 3: Elements involved in Conscious Connected Breathwork**

- Energy, Set & Setting, Sound, Movement, Touch
- Trauma, Thoughts, Emotions, Beliefs

#### **Week 4: Guiding a 1:1 Conscious Breathwork session**

- Beginning, Middle & End of a session
- Session aids & "What to do when?"

**Week 5: Practical sessions**

- 1:1 Practice with other participants
- Q & A and sharing

**Week 6: Facilitating a Group Conscious Breathwork session**

- Beginning, Middle & End of a session
- Session aids & "What to do when?"

**Week 7: Music in a Conscious Breathwork Journey**

- Musical Stages and flow of the Breathwork Journey
- Guidelines and resources

**Week 8: Intuition as a guiding Force**

- Getting in touch with your Intuition
- 1:1 session guiding Jean, Q & A, Ongoing support

**Week 9: Integrating Transformational Experiences**

- Importance and areas of Integration
- "Mandala" Drawing

**Week 10: Ongoing Support and starting out!**

- Becoming a team member of Bodhi Breathwork
- Building a successful client based Practice - and gratitude party!

**After 23rd November:**

Shadowing workshops at Bodhi Studio on your own time. Every Thursday 6pm-8pm.

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Over the course of the program you will work with me to identify and become familiar with areas where there are/were big question marks. These may include, language, cuing, coaching assists, sequencing, music, integration and more.

This mentorship program is structured to fit into your active personal and professional life. We will meet up once a week to cover all the topics and related materials for 30 (+) hours over 10 weeks. Self Study is required as well as practical assignments and feedback - all of which you will have adequate time for.

***These include:***

*Self Study of Anatomy and Breathing Physiology*

*Provide feedback on 5 x 1:1 sessions with friends or family*

*Provide feedback on 3 x group sessions with friends or family (2-6 people)*

*Assignment for each lesson*

**~ Ongoing Support ~**

- By joining this program you will receive ongoing support on your journey, and also have the option to become a team member of Bodhi Breathwork. This will give trainee's an opportunity to start out with group or 1:1 sessions on a solid platform, with needed support and guidance to become experienced and confident in the process. With more facilitators/practitioners sharing knowledge and experiences, there will be more opportunities for growth on so many levels!
- With the ongoing support you will also receive full access to my personal collection of Breathwork music categories and playlists that I have gathered over the last 4 years.
- You will receive a compilation of Coaching Assists, Tips and added techniques for sessions.

~ \* ~

There will be **8 in-person** spaces available for this program. By limiting spaces we create an atmosphere for connection on a more personal level - which is a huge part of this program. Online spaces will open up from 2022.

Upon completion of the 10 week program, participants will receive a **Certificate of Competency in Conscious Breathwork Facilitation**. Stating that the trainee has undergone the necessary training from a Certified Breathwork Practitioner, and is competent in the process involved to safely facilitate 1:1 or group sessions of up to 12 people.

Our breath is our greatest gift and the ideal tool to navigate change! How incredible is it to have this tool with us for a lifetime on this planet. Now you have an opportunity to learn more about it and share knowledge on Conscious Breathwork, while showing others how to heal themselves with their own Breath. A profoundly enriching and transformational journey for practitioners working with clients - expanding into the Realm of Breathwork.

This program also serves as an opportunity to explore your own psyche and to hold space for yourself with Breath as your guide.

What is your breath telling you right now?

If you are feeling called to delve deeper into the Breath as a Tool for Transformation, then get in touch with your application.

~ Exchange ~

**Early Bird | Until 31st July 2021 = R7500**

**Regular = R8800**

**(Payment options may be discussed)**

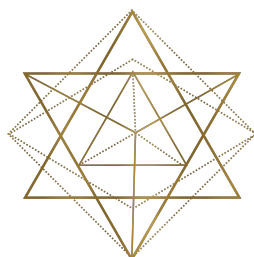
Your application will be reviewed and you will be notified whether you have been accepted to join the program. Please note, this is not the last one, there will definitely be more to follow in 2022!

**More information on Conscious Breathwork**

<https://www.bodhibreathwork.com/conscious-breathwork>

**To apply, get in touch with me, Jean - [info@bodhibreathwork.com](mailto:info@bodhibreathwork.com)**

**[www.bodhibreathwork.com](http://www.bodhibreathwork.com)**





## About me, Jean Rossouw

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I am a Certified Breathwork Practitioner, Yoga Instructor, Facilitator, Entheogenic explorer and overall adventure seeker. I am passionate about introducing people to the power of Breathwork for physical, spiritual and psychological wellbeing, while being a keen explorer of modalities that further these dimensions of living.

Driven by a passion for healing, change and growth, I am inspired by the overlap between spirituality, neuroscience and transpersonal states. I support inner transformation and personal development through various tools, such as Breathwork, Yoga and Entheogenic exploration.

Through these modalities we are guided to evolve our consciousness, expand our knowing and connect with the healer within. Through accessing more of our authenticity, we support a more meaningful, purposeful and harmonious life.

### ***~ More about my Journey ~***

Since I was twenty years old, my interest in expanded states of consciousness got ignited by Psilocybin Cubensis (Mushrooms), shaping this curiosity into a path which has been driven by books about Consciousness, Spirituality and Entheogens.

Entheogen's (Psychedelics) gave me the first glimpse of the magical essence of my Breath. During my years of travelling the continents, Yoga came on my path which shifted my awareness inwards. I did Hatha Yoga teacher training in India and Yin Yoga in South Africa, where I gained a basic knowledge on Breath Awareness and Pranayama (Breath Regulation).

From here my path took me to the Amazon Jungle where the sacred medicine Ayahuasca clearly sent a message into the depths of my being. My breath is my connection to myself, to the earth...to everything in the universe...to all other dimensions. Ultimately to the question "Am I?", and the answer "I am".

After experiencing Holotropic Breathwork in San Francisco in 2017, I got the clear message that I should delve deeper into Breathwork and possibly start training in the field. I came back to South Africa and found Breathwork Africa with Dr Ela Manga as my teacher.

This was the start of my official training as a practitioner, and since then I've completed my Foundations course and Advanced Breathwork Practitioner training in 2019. I went back to California and did more Breathwork Facilitation Training at The Breath Centre, with Michael Brian Baker. After that I've attended workshops with Dan Brulé in California and South Africa, learning more about Breathwork as a whole. There's been so many inspiring people on my path and all of them contributed to my knowledge and understanding on Breathwork and Transformational experiences.

I have come to a point where I would like to teach people how to facilitate sessions with Breath as a tool for Transformation. Now is the time where people need to wake up to their breath in order to break the cycle of generational trauma (Especially in South Africa) and get in touch with their Authenticity, which today can be seen as a survival necessity.

## ***Breathwork Africa and Pneumanity Breathwork***

Founded by medical doctor, Dr Ela Manga, Breathwork Africa is a social enterprise and community network that is committed to sharing the art and science of breathwork as a tool of self-empowerment, healing and transformation through Individual and groups sessions, practitioner training, talks and workshops.

Practicing Breathwork in the Southern African context is humbling and heart opening, inviting us to listen and learn from the wisdom of the people and the energy of the land. It requires an approach that is adaptable, simple, safe, and most importantly, accessible to all people. Breathwork Africa believes it is time that the world benefit from the wealth of knowledge and indigenous wisdom of the continent – therefore we offer Pneumanity™ as part of everyone's birthright.

Pneumanity™ is both a practical toolkit and a multidimensional approach to conscious breathing. It is grounded in science and is inspired by the ancient knowledge that is deeply rooted within the spirit of Africa. It is a system that draws on a vast range of styles and practices but that is manifest from the cradle of all humanity – Southern Africa. It underpins all that we do at Breathwork Africa. It is distinct to us and is uniquely African and yet is universally applicable and accessible to all. Pneumanity™ is borne from the words 'Pneuma' and 'Humanity'.

Nlom, Ntu, Umoya, Chi, Seiki, Prana, are all expressions of Pneuma, the ancient Greek word that describes spirit or breath, the universal life force. It is acknowledged in every tradition, religion, and indigenous knowledge system. In African cosmology the concept of Ntu describes this force as one that ties us to our roots, to each other, to nature and the unseen realms. It is the invisible thread that gives us life and connects us inextricably and infinitely. It is acknowledged in every tradition, religion, and indigenous knowledge system of the first people.