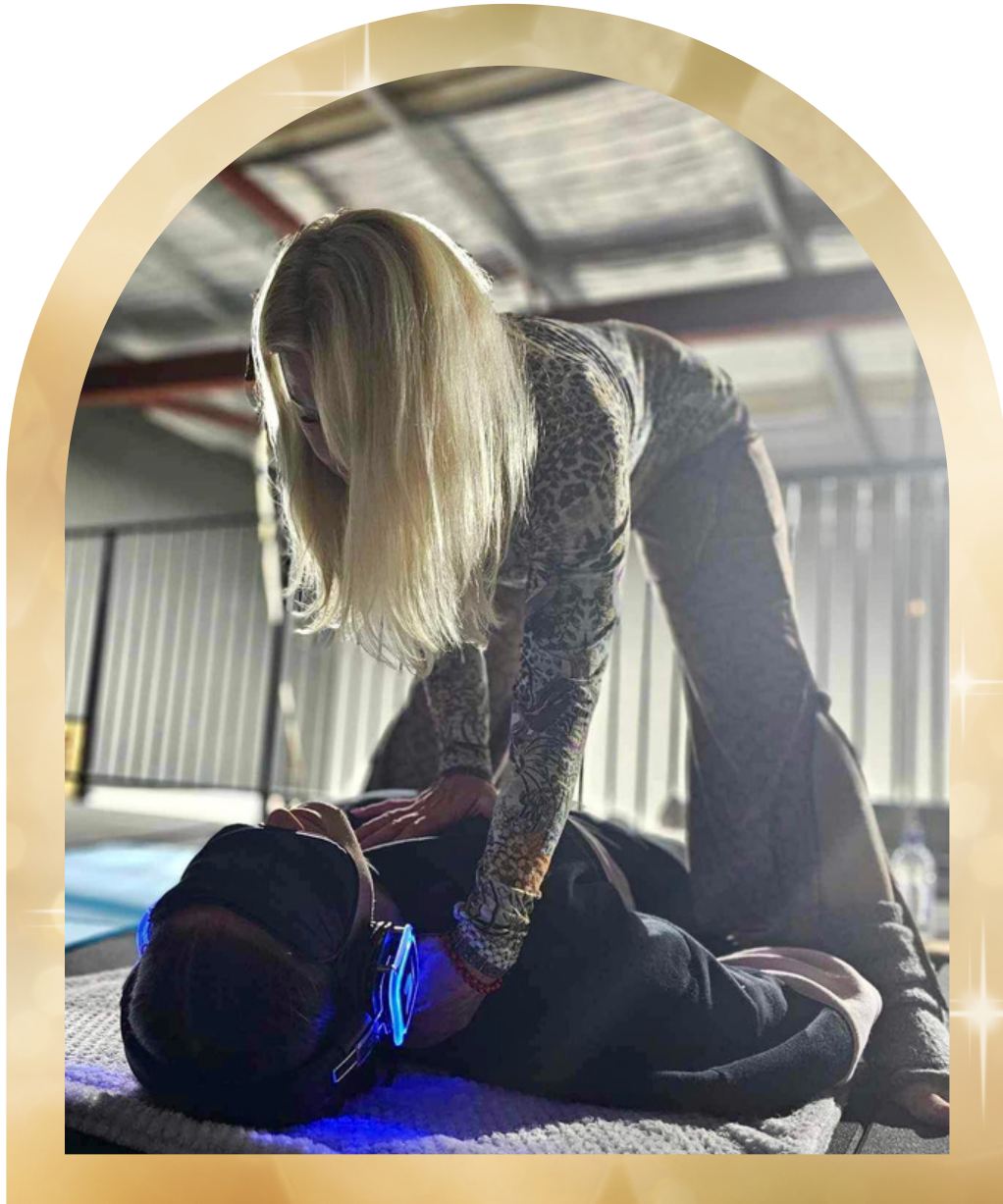


AWAKENING BREATHWORK ACADEMY



BREATHWORK FACILITATOR

Intuitive Trauma-Informed
Breathwork Certification

www.neelamtaylor.com

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Overview

The **The Intuitive Trauma-Informed Breathwork Certification** is a comprehensive program designed to equip participants with the necessary knowledge and skills to facilitate breathwork sessions in an Intuitive and trauma-informed manner. This training is ideal for individuals who are passionate about supporting others in their healing journey and want to incorporate breathwork as a powerful tool in their practice or step into a powerful career as a **Breathwork Facilitator**.

The program equips participants with the skills and knowledge needed to guide individuals through transformative breathwork experiences in a safe and trauma-informed manner.

By completing this training, participants will be prepared to support others in their healing journey, foster resilience, and promote holistic well-being.



Program Structure

Objective	<p>Individuals who are passionate about supporting others in their healing journey and want to incorporate breathwork as a powerful tool in their practice and for those who are ready to step into a new soul aligned career, one with purpose and passion for service to humanity and healing.</p>
Program Outcomes	<p>1. Holistic Approach: This program takes a holistic approach to trauma healing, focussing on the mind, body and soul connection. You'll learn how to integrate breathwork into various therapeutic modalities to create a comprehensive healing experience.</p> <p>2. Comprehensive Curriculum: This program covers a wide range of topics including the physiology of trauma, trauma-informed principles and practices, breathwork techniques, trauma-sensitive facilitation skills, spiritual practices, ethical considerations and how to hold space as a leader in the healing and wellness industry.</p> <p>3. Experienced Facilitator: Learn from a highly experienced and knowledgeable Practitioner, who specializes in trauma-informed Breathwork. You will be guided through the program, with mentorship and support every step of the way.</p> <p>4. Fully on-line, work at your own pace: Workshops that combine theoretical learning with practical hands-on experience. Online lecture, Q&A and Breathwork Journey. These workshops offer a supportive environment for skill development and personal growth. You will be profoundly altered through these breathwork journeys and have an embodied experience of the magical healing effect of breathwork.</p> <p>5. Case Studies and Practice Sessions: Gain practical experience through case studies and practice sessions, allowing you to apply your knowledge and refine your skills under the guidance of an International Breathwork Facilitator with more than 25 years experience in training and facilitation in the Healing and Wellness Industry. You will complete training feeling confident to hold space and facilitate breathwork for others.</p> <p>6. Peer Support and Networking: Connect with like-minded individuals who share your passion for trauma-informed breathwork. This program encourages collaboration and provides opportunities for networking and ongoing support in your professional and personal/spiritual life.</p>

7. Online Learning Platform: Access our user-friendly online learning platform, where you can find course materials, assignments, and resources. This platform ensures flexibility and convenience, allowing you to learn at your own pace, within the guidelines of the program.

8. Certification and Continuing Education: Upon successful completion of the program, you will receive a Trauma-Informed Breathwork Facilitators Certification. Additionally, we offer continuing education opportunities to support your professional growth and development.

Program Inclusions

- Access to online academy platform
- 12 Pre-recorded 4 hour, workshop lectures and Breathwork practical
- 7 day in-person retreat - Bali
- 12 Breathwork Playlist done for you
- Self-enquiry, personal and spiritual development through mentorship and guidance
- 6 Private Coaching Mentoring Sessions - fortnightly via Zoom meetings
- 12 month support and mentoring program
- Certification through International Practitioners of Holistic Medicine (IPHM).



Certification Requirements

- 1 Completion of all Modules and Assessments

- 2 Submission of 10 recorded private and group Breathwork Journeys and case studies.

- 3 Attendance at “The Awakening” Intensive Retreat Bali



Week 1**Module 1: Introduction to Breathwork and Awakening Breathwork Method**

- Welcome and opening ceremony and container
- Protocols, requirements and expectation of training
- Certification requirements

Lesson	Topic	Method
1	What is Breathwork and the Awakening Breathwork Method and Philosophy	Online
2	The Journey Begins - What makes a powerful Breathwork Facilitator	Online
3	Intention setting and how to open a Sacred Container	Online
4	Sovereignty, Inner Authority, Self Expansion and Self Expression	Online
3	History of Breathwork	Online
4	Anatomy and Physiology of Breathwork	Online
Assessment 1	Reflection Essay : My Intention for becoming a Breathwork Facilitator - what has brought me here, my why.	

Week 2**Module 2: Introduction to Trauma Informed Breathwork**

- Understanding trauma and its impact on individuals
- Intergenerational Trauma
- The role of the autonomic nervous system in trauma response
- Introduction to trauma-informed care principles and practices

Lesson	Topic	Method
1	Trauma Informed Breathwork	Online
2	Polyvagal Theory: Understanding the connection between Mind and Body	Online
3	Understanding Fawning and People Pleasing	Online
4	Understanding Trauma and its impact on individuals - Part 1	Online
5	Understanding Trauma and its impact on the Individual - Part 2 A Deeper Dive	Online
6	Trauma and its effect on the Nervous System - Part 1	Online
7	Trauma and its effect on the Autonomic Nervous System - Part 2	Online
8	Trauma-Informed Care 7 Principles and Practices	Online
Assessment 2	Reflection Essay - The Impact of Trauma On My Life 1000 words	Due Week 3

Week 3 Module 3: Breathwork Fundamentals

- Exploring different breathwork techniques and their effects
- The connection between breath and emotions
- Learning to guide participants through various breathing exercises

Lesson	Topic	Method
1	The Fundamentals of Breathwork: Exploring the Power of Conscious Breathing	Online
2	Conscious Connecting Breathing - A Journey in Self Discovery	Online
3	The Connection Between Breath and Emotions	Online
4	Creating A Positive Environment	Online
5	Breath Awareness and Pranayama Practices	Online
6	Guiding the Breathwork Practice	Online
Assessment 3	Create a 30 minute Breath Awareness Journey using 5 different breathing techniques	Due Week 4

Week 4 Module 4: Trauma-Informed Practice

- Creating safe and supportive environments for trauma survivors
- Understanding triggers and grounding techniques
- Incorporating trauma-informed language and communication. The use of hypnosis, trance and voice projection.

Lesson	Topic	Method
1	Creating a Safe Space for Breathwork	Online
2	Empowering Healing and Resilience	Online
3	Creating Safe and Supportive Environments for Trauma During a Breath-work Journey	Online
4	Understanding Triggers and Grounding Techniques: Navigating Emotional Turbulence	Online
5	The Power of Words: Incorporating Trauma-Informed Language and Communication	Online
6	The Power of Visualization in Breathwork	Online
7	Inner Child work	Online
Assessment 4 Reflection Essay - What have you learnt from the Triggers in your life. 1000 words		Due Week 5

Week 5**Module 5: Incorporating Body Awareness and Movement**

- Understanding the mind-body connection in trauma healing
- Integrating body awareness and movement into breathwork sessions
- Techniques for supporting participants in somatic experiencing

Lesson	Topic	Method
1	The Power of Movement	Online
2	Body Awareness and Movement	Online
3	How Emotions are stored in the Body	Online
4	Somatic Bodywork in Breathwork	Online
5	Trauma Release Exercises (TRE)	Online
Assessment 5	Describe your own experience of the relationship between your emotions and the physical manifestation in your body. How has your body been speaking to you? 1000 word essay	Due Week 6

- Techniques for self-regulation and grounding as a facilitator
- Supporting participants in regulating their nervous system during breathwork
- Understanding the importance of pacing and containment

Lesson	Topic	Method
1	Techniques for Self-Regulation and Grounding as a Breathwork Facilitator	online
2	The Connection Between Breath and Emotions	online
3	Understanding the Importance of Pacing and Containment while Facilitating a Breathwork Session	online
4	Enhancing Control Over the Nervous System: Strategies to Optimize Breathwork for Facilitators	online
Assessment 6	Create a daily self care plan - include grounding, food, movement, spiritual practice and include a morning and evening Breathwork practice. In 500 words explain the benefit of each area of the plan.	Due week 7

Week 7 Module 7: Working with Trauma Triggers

- Identifying trauma triggers during breathwork
- Establishing post-session protocols for trauma processing & integration
- Shadow work and the unconscious mind

Lesson	Topic	Method
1	Facilitating Trauma Release through Breathwork Techniques	online
2	Supporting participants in integrating their experiences and emotions	online
3	Techniques for fostering resilience and post-session self-care	online
4	Healing through Shadow Work	online
5	Beliefs and the Unconscious Mind	online
6	Maslow's Hierarchy of Needs	online
Assessment 7	Develop 5 Breathwork Themes for Shadow work and limiting Belief clearing.	Due Week 8

Week 8**Module 8: Esoteric Principles in Facilitation**

- Understanding the Chakra System, Nadis and Kundalini
- How Archetypes play a role in the unconscious mind
- Facilitating Energy Healing

Lesson	Topic	Method
1	Energy Systems - The Chakras	online
2	The Serpent Power - Kundalini Shakti	online
3	The Esoteric Nervous System	online
4	The Nadis and the Invisible Conduit of Prana	online
5	Masculine and Feminine principles and Archetypes	online
6	Introduction to "The Cross" the 4 principles of Masculine and Feminine Energy	online
7	Understanding and Developing Intuition	online
8	Energy Healing in Breathwork	online
Assessment 8	Reflection Essay: How spirituality and esoteric practices benefit the healing of Trauma	Due Week 9



Week 9**Module 9: Trauma Release Breathwork and Integration**

- Facilitating trauma release through breathwork techniques
- Supporting participants in integrating their experiences and emotions
- 7 Step Awakening Breathwork Method - A Higher Calling

Lesson	Topic	Method
1	Elements to creating a journey - 7 Step process	online
2	Designing a dynamic Breathwork Journey	online
3	Tetany in Breathwork	online
4	Movement and Conscious Relating to evoke emotional release during Breathwork	online
5	Private 1:1 Breathwork Session	online
6	Working with Couples	online
7	Integration Protocols	online

Video: 1:1 Breathwork Journey - 2.5 hour session

Assessment 9 Video a private 1:1 journey, including coaching before and after the breathwork journey. **Due Week 10**

Week 10 Module 10: Group Dynamics & Facilitation Skills

- Managing group dynamics and diverse participant needs
- Effective communication and active listening as a facilitator
- How to create a dynamic playlist, the use of music including 9D and headphones.
- Shamanic practices and the use of sound healing in breathwork.

Lesson	Topic	Method
1	How to hold space, protocol and efficacy	online
2	Reading the room and creating rapport	online
3	The importance of music and the imprint it create	online
4	Sound healing and instruments for Breathwork	online
5	Contra-Indications, Health and Wellbeing Assessment	online
6	Medical Information	online
Assessment 10	Create your own playlist and video a small group breathwork journey	Due Week 11

Week 11**Module 11: Ethics and Building Your Breathwork Practice**

- Developing a breathwork practice and business model
- Marketing and promoting trauma-informed breathwork services
- Networking and building a professional referral network

Lesson	Topic	Method
1	The Importance of Self-Care, Ethics, Integrity and Standards	Online
2	Ethical Considerations for Breathwork Practitioners	Online
3	Creating Professional Boundaries	Online
4	Creating a pricing structure and Branding and Marketing your Breathwork business	Online
5	Your niche and integrating other modalities into your Breathwork business to create a unique offering	Online
6	Creating a website, online and social media presence	Online
7	Insurance and Legalities	Online
Assessment 11	Business Plan - Vision and Mission Statement	Due Week 12

Week 12 Module 12: Practicum & Final Evaluation

- Facilitating breathwork sessions with supervision and feedback
- Completion of all outstanding Assessments and corrections
- Final evaluation and certification process
- Celebrating accomplishments and future steps

**Final Assessment - Video recording of 5 group
Breathwork Journey and 5 private Breathwork
Journeys**

There are no online lessons for week 12



Level 2 - The Awakening

Training Availability		Schedule
In-person	<p>7-day "The Awakening" Intensive Retreat Bali Indonesia</p> <p>To deepen and cultivate your confidence and skill as world class Breathwork Facilitator</p>	TBA

Level 3 - The Integration

Training Availability		Schedule
In-person Live and via Zoom	<p>12 month professional mentoring program to support your business success and enhance and sharpen your skills and spiritual gifts to work in the most effective soul aligned manner.</p> <p>Includes attendance at all public events and invitation to support and collaborate</p>	Monthly group coaching container, via Zoom



Level 2 - The Awakening

7-day Intensive Retreat
in Bali Indonesia



Step into service as a gifted Breathwork Facilitator

From your skill set and knowledge as a level 1 Intuitive Trauma Informed Breathwork Facilitator, it is now time to truly hone and enhance your ability to guide and lead others into transformation, healing and awakening.

During this Intensive 7 day Retreat you are invited to go deeper into your own spiritual and soul work. Here you will awakening from the personal to the transpersonal in service to humanity.

Our purpose is to mentor, guide and lead you through ceremony, ritual and transmission in this life changing retreat.

What you will learn and program outline:

1. Advance Teaching Skills
2. Somatic Bodywork
3. Embodiment Practices for Emotional Release
4. Tantra for Breathwork
5. Daily guided Trauma Release Breathwork Journey
6. Teaching program from 7 am to 7 pm daily (program structure will be given prior to the retreat)
7. Traditional Water Temple Blessing Ceremony
8. All meals included - Healthy Vegan
9. Beautiful Traditional Balinese Resort Ocean front property.
10. Two International Breathwork Practitioners
11. Certificate on Completion of Retreat for Level 1 & 2



Neelam

TAYLOR



Creator & Director of Awakening
Breathwork Method and Intuitive &
Trauma Informed Breathwork Certification

An International Breathwork
Practitioner, Yoga Teacher, Holistic
Psychotherapist, Shamanic Medicine
Woman and Certified Trainer and
Assessor with more than 25 years in the
healing and wellness industry.

Neelam is dedicated to the evolution of
consciousness and her soul purpose and
passion is to be a guide and mentor for
the healing of generational and
collective trauma and soul wounding.
Having studied under many great
masters and teachers internationally,
Neelam brings to life her lived and
professional experience in healing
modalities to curate a unique
choreography for this powerful life
changing Intuitive & Trauma Informed
Breathwork Certification.

Qualifications

- Advanced Dip Holistic Counselling Psychotherapy
- Certified Yoga Teacher & Breathwork Facilitator - 500 hours
- Diploma Beauty Therapy
- Diploma Dance Performance
- Internationally Certified Sacred Circle Facilitator
- Sacred Ancestral Clearing & DNA Healing Practitioner
- Sacred Sexual Sovereignty Practitioner
- ISTA Level 1 & 2 Shamanic Spiritual Sexual Initiation

Picture This...



Be held and mentored in a
sacred container
that will hone your healing and intuitive
abilities to guide others through the
portal of the breath.

Learn from a Shamanic Medicine Woman with 25 years experience in transformational healing and wellness.



Intuitive breathwork is a powerful therapeutic modality that combines conscious connected breathwork, Holotropic breathing and conscious breathing techniques with **Intuitive and Shamanic trauma-sensitive practices**.

It allows individuals to access deep non-ordinary psychedelic states of consciousness, relaxation, release emotional and spiritual blockages, and promote self-awareness and self-healing on the deepest level.

By integrating trauma-informed approaches, you will learn to create a **safe and nurturing space for your clients**, ensuring their emotional and psychological well-being throughout the process.

