



# Freedom Breathwork Certification Training



Freedom Breathwork  
For Self-Mastery  
(60hrs).

Pre-Requisites to  
Becoming a "Certified  
Freedom Breathwork  
Facilitator".  
Complete 5 Modules.

## LEVEL I (60HRS)

2020

FOR MORE INFO  
SET UP A  
CONSULTATION:

INFO@  
SACREDVALLEYSPIRITUALRETREAT.COM

## MODULE 1

FEB 29-MAR 1 2020  
12 HOURS

### REIKI 1 + BREATHWORK

Reiki Teaching  
Reiki Attunement  
Breathwork Practice

FOR BEGINNERS OR  
REIKI I  
RE-ATTUNEMENTS  
ENERGY SYSTEMS  
CHAKRAS, NADIS,  
MERIDIANS  
REIKI HISTORY  
STRESS/TENSION  
HAND POSITIONS

## MODULE 2

APRIL 18-19 2020  
12 HOURS

### PRINCIPLES OF SHAMANIC HEALING + BREATHWORK

Shamanic Philosophy  
Shamanic Processes  
Breathwork Practice

REALMS AND WORLDS  
CAUSES OF SICKNESS  
CHORD CUTTING  
ENERGY EXTRACTION  
SHAMANIC JOURNEYING  
RITUAL/ALTAR  
SACRED SPACE  
DESPACHO CEREMONIES  
MESA BUILDING

## MODULE 3

JUNE 27-28 2020  
12 HOURS

### GUIDED IMAGERY + IMAGINATION + BREATHWORK

Guided Processes  
Wisdom Teachings  
Breathwork Practice

IMAGINATION FOR  
HEALING  
HYPNOTHERAPEUTIC  
TECHNIQUES  
PRINCIPLES OF  
MEDITATION  
CREATIVE VISUALIZATION  
MANIFESTATION  
LAW OF ATTRACTION

## MODULE 4

JULY 25-26 2020  
12 HOURS

### INNER CHILD HEALING + BREATHWORK

Trauma Informed  
Coaching + Processes  
Breathwork Practice

BIRTH +  
EARLY CHILDHOOD  
TRAUMA  
CHAKRA ENERGY  
DEVELOPMENT  
CORE WOUNDING  
CONDITIONED BELIEFS  
SHADOW WORK  
ENERGETIC ATTACHMENTS

## MODULE 5

AUG 29-30 2020  
12 HOURS

### SPRITITUAL COACHING + BREATHWORK

Psychospiritual  
Coaching + Processes  
Breathwork Practice

EGO ATTACHMENTS  
BEHAVIORS  
COPING STRATEGIES  
BEING THE OBSERVER  
EMOTIONAL INTELLIGENCE  
THE POWER OF THE DYAD  
CONSCIOUS  
COMMUNICATION + NVC  
SELF LOVE

Certified Freedom  
Breathwork Facilitator;  
Pre-requisites:

- 3-5 core modules\*
- 5 Remote  
Breathwork Private  
Sessions w Alan +  
Nicole per level
- 7 Day Retreat

LEVEL II (42 HRS)

OCT 10-16,  
2020

FOR MORE INFO  
SET UP A  
CONSULTATION:

INFO@  
SACREDVALLEYSPIRITUALRETREAT.COM

## DAY 1

6 HOURS

### OPENING CEREMONY + WHAT IS BREATHWORK?

DEFINING BREATH  
YOGIC PHILOSOPHY +  
HISTORY  
VARIETIES  
PHYSIOLOGY  
SUBTLE BODY  
NERVOUS SYSTEM  
SELF CARE  
REGULATION  
OXYGENATION VS  
HYPERVENTILATION

## DAY 2

6 HOURS

### CORE MODULES HIGHLIGHTS + ENERGETIC SPACE

CREATING SPACE  
ENERGETIC CLEARINGS  
ALTAR  
RITUALS  
5 DIRECTIONS  
OPENING CONTAINERS  
MAIN HIGHLIGHTS OF 5  
CORE MODULES

## DAY 3

6 HOURS

### CLIENT INTAKE + POST FOLLOW UP

INSIGHT INQUIRY  
POWERFUL QUESTIONING  
BUILDING TRUST  
BODY LANGUAGE  
VERBAL CUES  
PACING  
INTUITION  
INTEGRATION

## DAY 4

6 HOURS

### THE SESSION COACHING + DYADS

CONSCIOUS  
COMMUNICATION  
FEEDBACK  
RELATIONSHIP DYADS  
MIRROR WORK  
RELATIONSHIPS  
FORGIVENESS

## DAY 5

6 HOURS

### THE SESSION SETUP + RELAXATION

WHAT TO LOOK FOR  
SOMATIC RELEASE  
HYPNOTHERAPY  
TRAUMA  
NERVOUS SYSTEM  
GUIDED IMAGERY  
DEEPENING THE  
EXPERIENCE

Certified Freedom  
Breathwork Facilitator;

Pre-requisites:

- 3-5 core modules\*
- 5 Remote  
Breathwork Private  
Sessions w Alan +  
Nicole per level
- 7 Day Training Oct

## LEVEL II

OCT 2020

FOR MORE INFO  
SET UP A FREE  
CONSULTATION:

INFO@  
SACREDVALLEYSPIRITUALRETREAT.COM

## DAY 6

6 HOURS

**REIKI ENERGY +  
SOUND HEALING +  
ESSENTIAL OILS +  
CRYSTALS**

HOW TO USE ENERGY  
MEDICINE  
OPENING YOUR VOICE  
VIBRATIONAL HEALING  
LIGHT LANGUAGE  
SHAMANIC TOOLS  
MUSIC SELECTION  
USE OF ESSENTIAL OILS  
INCLUDES WHOLESALE  
OIL ACCOUNT  
CRYSTAL GRIDS

## DAY 7

6 HOURS

**PROFESSIONAL  
PRACTICE + CLOSING  
CEREMONY**

LONG DISTANCE WORK  
HOW TO SET UP CLIENT  
SESSIONS  
BUSINESS SET UP  
WHAT TO CHARGE  
COMMON CHALLENGES  
CODES OF ETHICS  
TRANSFERENCE  
MANAGING EXPECTATIONS  
LIABILITY INSURANCE

## THIS IS FOR

People looking to  
deepen their healing  
OR  
initiate/deepen a  
powerful career in  
service to others

## PRICE

Level 1: \$555/module\*  
Level II: \$2222 week  
long certification

\*Min of 3 modules  
required dependent  
on your experience.  
Price savings for  
multiples/advance  
payment.

5 Private Remote  
Breathwork Sessions  
with Alan + Nicole  
during Level I + 5  
during Level II

## DETAILS

Modules hosted in  
Ashland (OR), Mt.  
Shasta or SF/Bay Area.

Prices are exclusive of  
food +  
accommodation.

Contact us today for a  
free consultation!

415-516-2462 Alan  
415-378-8547 Nicole

