

Breathwork Awareness[®]

*Fermanagh,
Northern Ireland Training*

Online Theoretical Module
June 2 – July 23, 2026

In-person Training Module
August 22 – 27, 2026

@BreathworkAwareness
www.breathwave.mx





Welcome!

Breathwork Awareness Training for Facilitators

This training is designed for you to move through a deep process of personal integration through conscious connected breathing, developing real regulation and a stable, grounded presence.

Because no one can support in others what has not first been integrated within themselves.

This program combines:

- *Online theoretical–practical training (8 week)*
- *6-day in-person training in Northern Ireland*

This is not about learning how to guide experiences. It's about becoming someone capable of supporting them — creating ethical and safe spaces for deep processes.

What will you develop personally?

Integrate
Breathwork
Awareness into
your daily life

Cultivate
greater
physiological
and emotional
balance

Develop a
more
conscious
relationship
with your
breath

Strengthen
connection
with yourself
and your
environment

Support a deeper
sense of well-
being across
personal,
emotional and
inner dimensions

Live with greater
presence, clarity
and inner
stability



What will you develop professionally?

Deep understanding of the physiology and neurophysiology of breathing

Breath and body reading — identifying respiratory pattern

Practical intervention through bodywork and therapeutic touch

Structured design of 1-1 sessions (music, phases, timing)

Building a professional practice with clear criteria and sustainability

Integrating breathwork as a therapeutic tool for one-on-one work



What is this training for?



Learn to read the body and use the Body Map as a diagnostic tool



Apply bodywork safely and precisely during sessions



Design structured sessions with clear architecture and intentional use of music



Create informed settings for deep processes



Strengthen emotional resilience and support stress regulation



Work ethically with trauma - chronic pain- psychedelic preparation & integration

Who is this training for?

This training is open to anyone who wants to go deeper into their own process. You don't need to want to become a facilitator.

This is for you if:

- You are committed to your personal development
- You are in a process of emotional healing
- You are seeking a deeper sense of purpose
- You experience anxiety, depression, or chronic pain
- You want to improve your quality of life in a meaningful way

It is also for professionals such as:

Therapists, psychologists, psychotherapists, yoga and mindfulness teachers, somatic or trauma-informed practitioners, educators, coaches, physicians, and others working in support or therapeutic roles.



If you work with people and feel committed to how you support others, this training is also for you

Online Module

Duration: 16 sessions (8 weeks)

Dates: June 2 – July 23, 2026

Schedule: Tuesdays & Thursdays 1.5 hrs each day
8:00 pm Ireland / 2:00 pm CDMX

Weekly commitment: ~4 -6 hours
(depending on consistency in personal practice)

Theoretical Practical

- Live sessions twice a week
- Guided practice
- Weekly video content, readings, and complementary resources
- Daily personal practice (approx. 30 minutes)



Online curriculum

FOUNDATIONS & PRINCIPLES

+

TOOLS, BODY, POSTURES & SELF FACILITATION

+

PHYSIOLOGY & NEUROSCIENCE

+

HISTORY & MODERN BREATHWORK

+

THE TRANSPERSONAL

+

In-Person Experiential Module

This immersive training is designed to support your development as a facilitator through supervised practice, criteria refinement, and applied training.

You will deepen your capacity to create safe spaces and support complex processes through bodywork and breath-based methods.

*Fermanagh, Northern Ireland
August 22 - 27, 2026*





Hybrid Program Structure

- Online training begins: June 2
- In-person completion: August

A final module focused on 1–1 in-person practice

During the in-person training you will experience:

- Yoga and pranayama
- Two daily breathwork sessions
- Breathwave & Breathwork Awareness®
- Full accommodation and nourishing, conscious meals



In person curriculum

Foundations of the Facilitator, set & setting

+

Body Map & Breath Assessment

1

+

Bodywork & Therapeutic Touch

+

Music & Session Architecture

+

Integration & Professional Development

+



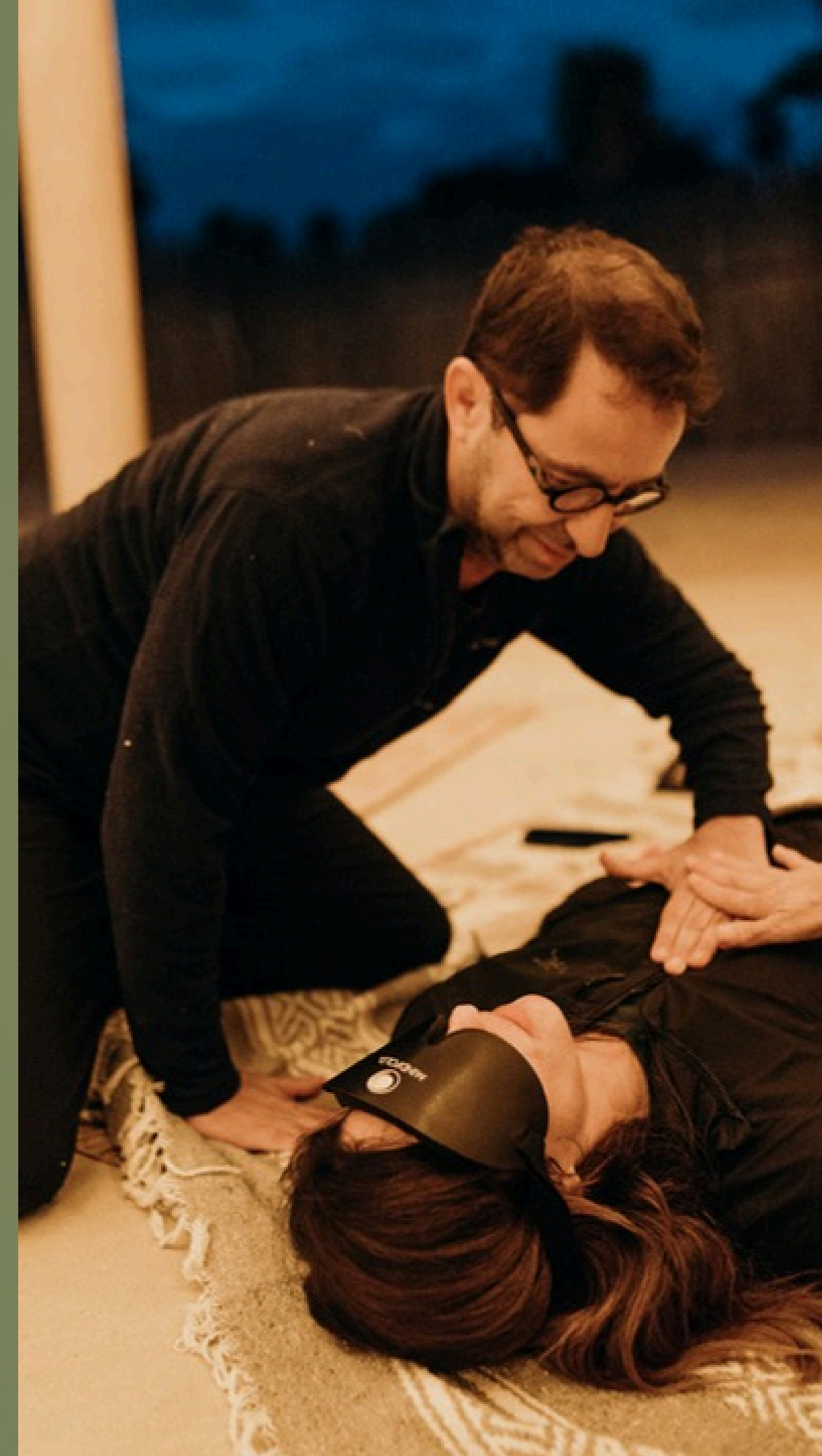
Investment

**Regular price: €3,800
After April 30**

**Early price: €3,300
Before May 1**

**Includes the full online training +
6-day in-person training in
Northern Ireland**

**Reserve your spot with €600
or
3 monthly payments of €1,100**



Certification path

Level 1 – The Self-Healing Path

2 Modules:

Experiential Module – Breathwave
(Retreat or 10 (1-1) sessions)

Online Module – Theoretical /Practical Training
Build your personal practice and learn the foundations

Level 2 – The Facilitator Path *(1-1 Work)*

2 Modules:

Module 2A – Intensive Training
Develop practical skills, bodywork, and session structure

→ After Module 2A

*You begin your 1-1 practice process
Applying what you've learned in real sessions*

In between Module 2A and 2B:

- Practicum sessions (1-1 work)
- Case studies and real client practice
 - Integration of clinical criteria
 - Personal breath practice
- Required readings and assignments

Module 2B – Certification Module
Advanced in-person training to refine your skills and complete certification

Level 3 – The Ceremonial Path

One 6-day intensive module for group
work facilitation

*Learn to work with groups and create space for
collective processes to unfold*

Breathwork Awareness® Ireland Training

*Online Module – Theoretical / Practical
June 2 – July 23, 2026*

*In-Person Module – Fermanagh, Northern Ireland
August 22 – 27, 2026*

Apply now to secure your spot

*Facilitation is not about guiding experiences,
it's about creating the conditions for them to unfold.*

Message us for full details, application process, and investment options

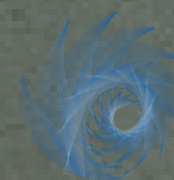
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