



Transformational Breath®
Foundation

Transformational Breath® Foundation Training Program Overview

Transformational Breath® Foundation (TBF) offers various Breathwork Training Programs in the following categories.

INTRODUCTORY Level Trainings: Provides 4 to 5 breath sessions. Several themes including: PRESENCE of BREATH™ and RECLAIM YOUR BREATH™ ... more [online](#)

PERSONAL Level Trainings: Our LEVEL 1, 2, and 3 Training (which comprise our 6-day PERSONAL SEMINAR) ... more [online](#)

PROFESSIONAL Level Trainings: Our LEVEL 4 FACILITATOR TRAINING and LEVEL 5 TEACHER TRAINING (totaling 3 weeks of classroom experience) ... more [online](#)

[Our Training Path Overview](#)

Looking for Certification with TBF?

TBF requires completion of:

Personal Level Training (Levels 1, 2 & 3) * Professional Level Training (Levels 4 & 5)
Facilitator Internship * Field Study Hours * Personal Study Hours



Choose from 500, 565, 725 & 850 hour Professional Certification Programs

Transformational Breath Foundation • www.breathe2000.com • 1.866.217.0931

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Transformational Breath® Level 4 Facilitator Training



Explore the path of a Certified Transformational Breath Facilitator™. We cannot begin to tell you the amazing gifts that await you on this journey. This program will take you to the next level of expression and provide even more profound experiences in Transformational Breath.

What you will gain from the Certification Program

- Learn the skills, techniques, and application of Transformational Breath on a professional level.
- Attain a deeper commitment to the Breath.
- Receive in-depth personal tutoring and mentoring from the founder and developer of the Transformational Breath process.
- In the residential environment, experience accelerated personal growth and evolution, and closer bonding with group and community.
- Become part of an international network of breathers and Facilitators.
- Expand your intuitive capabilities.
- Greater opportunity for growth through seeing the reflection of your own inner process in clients and sessions.
- Session confidence and know-how.
- Development of Breathing Analysis and Bodymapping techniques.
- Learn and utilize Transformational Coaching for personal and professional use.
- Energetic Initiation.

Other Advantages of Certification

- Enables you to use Certified Transformational Breath Facilitator™ certification mark.
- The Breathwork you share will be supported by the TBF.
- Web site photo and professional listing available.
- Use of the TBF Logo and the TBF brand.
- Promotional materials and business forms provided.
- TBF products available at wholesale prices.
- Extended Facilitator Development Program available.
- Updates on newest breathing techniques.
- Client referrals from TBF.
- Experience the most enjoyable profession imaginable!
- Facilitate at programs worldwide.

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Transformational Breath® Level 5 Teacher Training

The World is Ready to Breathe!

Do you feel moved and motivated to take on the sacred and rewarding mission of sharing yourself and Transformational Breath® with the world?

TBF's Professional Training Level 5 is our highest level of training. When taken to the fullest of intent, it can lead you to the most extraordinary level of grace and joy available on the Transformational Breath® Training Path. This challenging and fulfilling program will prepare those who have successfully graduated from Levels 1 through 4, for the highly rewarding career

of training others to breathe, as well as leading groups and seminars in a transformational experience.



Throughout this richly amazing adventure into the deepest experience of breathwork, you will be uncovering and expanding your own capacity for dynamic expression, which is so critical to your success and that of your future students.

Organize and deliver your information in ways that support a deep and complete learning experience for all. Develop skill in using multi-sensory teaching techniques that stimulate all four learning styles, so that all of your students have fun and success at your trainings. Become adept at presenting *your* material with full awareness, balance, and integrity.

In addition to developing a deeper understanding of advanced Transformational Breath® consciousness and technique, we will practice:



- Effective presentation skills
- Teaching from a place of mission
- Group dynamics and leadership
- Organizing material and structuring your program
- Supporting the various ways in which people learn
- Expanding your capacity to lead from the heart
- Clarification of goals and the power of intention
- Express yourself authentically from the heart
- Lots of breathing, connecting, fun!

Are You Ready To Lead?

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Transformational Breath Foundation

Professional Training

500, 565, 725 & 850 Hour Certification Paths

Program Hours for Certified Transformational Breath Facilitator™

Seminar (or Levels 1, 2 & 3) Training	50 class hours
Level 4 (Part A)	65 class hours
Level 4 (Part B)	65 class hours
Internship: Facilitator role at 2 Seminars	100 class hours
Internship: Staff a Level 4 Training week	65 class hours
Internship: 40 Documented Sessions	40 field hours
Document: Case Studies/Journaling	5 personal study hours
Required Reading	50 personal study hours
Personal Development Programs (including self-sessions)	60 personal study hours

Total Certified Transformational Breath Facilitator™ Hours: 500 (385 hours are class/field hours)

Additional Hours for Certified Transformational Breath Group Leader™

Level 5 Training	65 class hours
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Total Additional Hours: **65** (65 are class hours)

Total Certified Transformational Breath Facilitator™ Hours: 565 (450 hours are class/field hours)

Additional Hours for Certified Transformational Breath Trainer™

Lead 3 full-day Workshops	20 field hours
Internship: Co-trainer role at 2 Seminars	100 class hours
Internship: Staff an Introductory Level Training	20 class hours
Required Reading for Level 5	20 personal study hours

Total Additional Hours: **160** (140 are class/field hours)

Cumulative Certified Transformational Breath Trainer™ Hours: 725 (590 hours are class/field hours)

Additional Hours for Certified Transformational Breath Senior Trainer™

Lead 3 Introductory Level Trainings	60 class hours
Lead Seminar (or Level 1, 2 & 3 cycle) under mentor evaluation	50 class hours
Event Organization/Follow-up/Mentorship	15 field hours

Total Additional Hours: **125** (110 are class/field hours)

Cumulative Certified Transformational Breath Senior Certification™ Hours: 850 (700 are class/field hours)

NOTE: TBF National Organizations may require additional hours.

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