

# TBF Training Path



**A** → Intro / Specialty Trainings

Reclaim Your Breath™ (RYB)  
Reclaim Your Superpowers™ (RYS)  
Presence of Breath™ (POB)  
And more ...

**PATH "A"** offers a more gradual introductory experience with some of the programs to the left.  
Duration: typically 1 weekend.

**B** → Personal Level Trainings

Seminar  
-or-  
Level I, II & III

**PATH "B"** can offer a Fast-Track for a more intensive and broad training experience . Required to move into the Professional Levels.  
Duration: total 1 week.

Professional Level Trainings  
(Facilitator)

Level IV  
Part A and B  
-or-  
Part 1, 2 and 3

Personal Level is a pre-requisite to take Level IV. This level is a first step in becoming a Certified Facilitator.  
Duration: total of 2 weeks.

Professional Level Trainings  
(Trainer)

Level V

Level IV is a pre-requisite to move to Level V. This level is a first step in becoming a Certified Trainer.  
Duration: 1 week.