

Location: Red Deer, AB

Dates and Times: Nov 9 - 14, 2020: 10AM to 6PM Daily

This 100-hour intensive, 6-day training plus practicum will include:

Foundational Breathwork theory, philosophy, and techniques, including experiential education in:

- the technique of conscious, connected breathing
- related breathing techniques that support and complement conscious, connected breathing
- reading the body and breath
- developing the ability to perceive the imbalances/"story" in the body and breath
- a wide variety of effective tools used to safely and confidently facilitate others
- conscious touch
- affirmations correlating to the story of the body and breath
- mid-session dialogue and inquiry
- toning, releasing movements, and body repositioning
- how to recognize and work with common breathing patterns
- use of intention, invocation, and themes
- holding of sacred space
- holding group sessions vs private sessions
- collaborating with other modalities
- Six facilitated breath sessions and opportunities to practice facilitating.
- The Conscious, Connected Breathwork Facilitator Training Manual

Requirements for Entrance into the Conscious, Connected Breathwork Facilitator Training (to be completed prior to the first day of Breathwork training) Level 1 of the Training:

- Completion of the Conscious, Connected Breathwork Facilitator Training Intake form
- Previous participation in at least 7 facilitated conscious, connected breathwork sessions of which at least 2 are individual sessions facilitated by Trainers Dale and Nicole Joyal

To Register:

E transfer Dale and Nicole Joyal a \$450 non-refundable deposit to secure your spot in the course to dalekjoyal@me.com

If you wish to recommend someone for this training, please contact Dale or Nicole to discuss your recommendation.

Investment: \$900

Cost includes the Conscious Connected Breathwork Facilitator Training Manual, And Practicum one on one session with Dale and with Nicole

Conscious Connected Breath Facilitator Trainers:

Dale Joyal 403 506 2132 and Nicole Joyal 604 314 9096

Conscious Connected Integrative Breath Facilitator Training

Level 1: Completion of 7 Breath Sessions Total, at Least 2 sessions being Individual sessions with trainers Dale and Nicole Joyal

Level 2: Completion of 6 Day Facilitator Training

Level 3: Reviewing the 6 Day Training

- And Practicum to be finished between Level 2 and Level 3 or after Level 3
- Breath Training Exam

Certification of Individual Breath Facilitation issued upon completion of Level 3 and all requirements

Level 4: Breath Group and Additional Tools 4 Day Training
And Practicum

Certification of Group Breath Facilitation issued upon completion of Level 4 and all requirements