

Location: Red Deer, AB

Dates and Times: Oct 15-19, 2019: 10AM to 6PM Daily

This 85-hour intensive, 5-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

Interested in offering Conscious, Connected Breathwork sessions in your community?

This full, experiential training will provide you with the knowledge and experience to get you started.

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

- Completion of the Conscious, Connected Breathwork Facilitator Training Application form
- Previous participation in at least 5 facilitated conscious, connected breathwork sessions (in any related style of breathwork (i.e. Holotropic, Rebirthing, Clarity, Shamanic, Integrative, Aletheia, Transformational, etc.) of which at least 2 are individual sessions facilitated by Nicole and Dale.

To Register:

E transfer Dale Joyal and Nicole Joyal a \$375 non-refundable deposit to secure your spot in the course to [dalekjoyal@me.com](mailto:dalekjoyal@me.com)

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

Cost: \$750 (cost includes the Conscious Connected Breathwork Facilitator Training Manual)

Contact with any questions.

Conscious Connected Breath Facilitator Trainers:

Dale Joyal 403 506 2132 and Nicole Joyal 604 314 9096