

# Hamsa Integral – Rebirthing Breathwork Teacher Training

## A Year of Healing with Breathwork & Meditation

### Course Details

*Hamsa Integral Rebirthing Breathwork Teacher Training*, is a yearlong program for healing, empowering, peace and progress.

#### **400 Hrs training:**

- *Level 1 (50hrs)*
- *Level 2 (150 hrs)*
- *Level 3 (200 hrs)*

You can take Level 1 alone, or Level 1 and 2, or all three Levels.

#### **Dates and Times**

**Starting date:** Level 1, Saturday, January 21st 2012, 11am-8pm

**Ending date:** Level 3, Saturday, January 26<sup>th</sup>, 2013 at 7pm

Location: Seaside Yoga Sanctuary 1360 Fremont Blvd, Seaside CA 93955

### **About Hamsa Integral Breathwork**

Hamsa Integral Breathwork is one of the powerful processes to nourish our whole life that uses the breath to explore, heal and integrate the multidimensional aspects of the human psyche. Based on ancient Eastern disciplines as well as modern Western methods, this integral holistic modality uses breathing techniques to create more energy, vitality, peace and awakening. Breath is a wonderful bridge to connect the entire inner and outer separation of human life into unified whole. This simple Way of nurturing whole life is a powerful modality with the ability to explore, release, expand and unify.

In this course you will learn:

- The *APPLICATION* and *VALUE* of correct and conscious Breathwork for wellness and awakening
- The *PHYSICAL*, *PSYCHOLOGICAL* and *SPIRITUAL* dimensions of Breathwork
- How to *IDENTIFY* “breathing patterns” and how to *CORRECT* them
- The *VALUE* of *integral living* – body, mind, heart and soul ... the Self, the Other (society and community) and the Environment (world) Connection
- To *FACILITATE* physical and emotional *RELEASE*
- To *CREATE* a safe place and support for the *NATURAL HEALING* and *INTEGRATION PROCESS* to happen
- About the *MEANING* of living, and how breathwork can help you live a *PEACEFUL*, *ENERGETIC* and *CREATIVE* life
- How to *GUIDE* and *EMPOWER* others to live a *HARMONIOUS* and *CREATIVE* life, without trying to “fix” anything
- How to *UNDERSTAND* the real meaning of adopting the role of *GUIDE*, *HELPER* and *HEALER*

Techniques such as conscious connected breathwork, healing yoga, integral life practices, psycho synthesis, Visualization and integral meditation are used synergistically during the process to achieve deep and profound result.

### **Pricing**

#### **Registration Fee:**

**\$50 per level, or \$108 for all three levels (non-refundable)**

**Registration fees waived if registered by 12/21**

*Each training level is priced individually.*

## Course Description and Price

**Level 1, Foundational Study: \$350**

**Level 2, Advanced Study and Practice: \$1200 or \$1000 by 12/21/11 (includes level 1)**

**Level 3, Certification: \$3400 or \$3000 by 12/21/11 (includes level 1 & 2)**

*Level 3 includes 10 sessions of breathwork from the trainer. If you have already received 10 sessions with another recognized practitioner, the price for Level 3 without the breathwork sessions is \$2450 or \$2100 by 12/21/11)*

*Payment plans, trade-in-kind agreements, and scholarships are available; no one will be turned away due to lack of funds.*

## Structure

This intensive training combines classroom meetings one Saturday per month from 9 AM to 6 PM including a 1 1/2 hour conference call, weekly email and phone follow-up and personal practice. Students are expected to conduct one hour of personal practice every day plus an additional five hours of study and time assessment each month.

## Curriculum (summary)

**Level 1-50 hours, starting January 21st, 2012**

**Foundational study and practice (for experience and self growth)**

**Prerequisite: Enough interest and commitments, showing emotional maturity and functional mental health.**

Preferable if you have prior knowledge/practice of some breathwork but not required.

### Level 1 Content

Level 1 covers 6 foundational lessons to learn how to breathe correctly and consciously with the practices and info covering following topics

**Nature of reality:** Integral and evolutionary map, Breathing in different dimension of being, 8 biggies

#### Lesson 1: Elements of Basic Practices

- Physical, mental and spiritual dimension of breath
- Inquiry: how I breathe, how other breathe, recognize breathing pattern
- Introduction to HIR-Breathwork, Breathwork as a Journey
- Preparation for sessions, Foundation practice-1

*Lesson 1 is an introductory, 3 hour lesson on Friday, November 11, from 6 PM to 9 PM. All other sessions are conducted on Saturdays.*

#### Lesson 2: Path of Healing-1

- Handling difficult emotions
- Understanding mind-body interaction
- Healing Reactive mind
- Holding breath and grasping nature of mind
- Breathing blockage and emotions, Healing death urge
- Understanding Breath and Breathing from Yogic perspective
- Chakra map, Breathing through chakras
- Breathing through right nose/left nose-benefit
- Balancing
- Some yogic breathing for health and healing
- Foundation Practice-2

#### Lesson 3: Opening Body to breath-1

**Anatomy of Breath:**

- Understanding primary muscle of breathing
- Understanding secondary muscle of breathing
- Gaining flexibility in breathing
- Characteristics of healthy breathing
- Strengthening core and central parts
- Hip-opening pose

#### Lesson 4: integral meditation –Opening to Spirit-1

- Path of breath
- Life Divine
- Cultivating concentration
- Awareness and unity with breath
- 3 poisons
- 5 Klesha (disturbing emotions)
- Purification of mind.

- Core building
- Ribs and back flexibility
- Spinal column and breathing
- Opening upper body: chest, shoulder, neck  
jaw and eyes exercises
- Foundation practice-3
- Foundation practice-4

### **Lesson 5: Opening to creative channel**

- Power of Affirmation
- Working with affirmation
- Deep Relaxation
- Relaxing whole body with the breath
- Visualization
- Inner Smile and running energy
- expressing yourself with arts and writing
- Foundation practice-5

### **Lesson 6: On the Path : never ending journey**

- Beginning your practice
- Keeping up practice
- Long term commitments
- Giving up Quick Fix

### **Dates:**

*Sat, Jan. 21, 2012, 11 AM to 8 PM*

*Sat, Feb. 18, 2012, 11 AM to 8 PM*

*Sat, Mar24, 2012, 11 AM to 8 PM*

*Sat, Apr 20, 2012 6-9PM*

## **Level 2: 150 hrs, April 21 2012**

**Advance study and practice (deepening your experience/helping other)**

### **Prerequisite: completion of level 1**

Level 2 covers 7 in depth lessons to understand process of healing awakening using the works of Breath and meditation that covers following topics:

#### **Nature of Reality:**

- Before first breath
- After first breath
- Last breath
- and after last breath

*Shiva-Shakti-jiva (the eternal, the dynamic Universal and creative Individual) model*

### **Lesson 1. Opening Body to breath-2**

#### **Anatomy of Breath:**

**Creating more space and exercises for deeper breathing** whole body breathes. Loving and embracing breath and body. Strengthening core and central parts: Rhythmic breathing, spiral and circular breathing wave of ocean, moving with grace and breath, hip movement and joy.

### **Lesson 2. Integral meditation –Opening to Spirit-2**

Internal breathing, breathless breath. Entering into “I-AM”

Integral Meditation: Mechanism of meditation, why and how? larger context of meditation, balancing meditation and selfless action, Opening and awakening to higher value of life, equanimity and creativity.

### **Lesson 3. Path of Healing -2**

Understanding healing, Real healing is awakening into real nature.

**From Pain to power:** Understanding stress, suffering middle age crisis, aging and depression .

**Prayer:** Breathing is prayer. How prayer works, Objectives of prayer, Developmental steps in Prayer, energy of prayer, Healing Breathing, Pranic healing, breathing for specific cases.

### **Lesson 4. Pranayama: Breathing-from classical Yoga**

Prana, kosha, chakra and nadis. 5 kriya and purification, 9 fundamentals yogic breathing, benefit of kapalbahti and Nadishodhana. Yogi complete breathing, Breath flow yoga, how to go deep in yoga pose using right breathing.

### **Lesson 5 : Looking deeper map:**

Yoga Therapy/Breath Therapy way: 8 step transformation process (Purusha yoga T.) and 5 stages of client/Guide relationship, 8 limbs of yoga ,Gita: Three gunas and Dynamic Union in the field of action.

Kosha-5 layers of Body, Mudra and bandha, more exercise to strengthen the cores, exercise for happy spine.

### **Lesson 6. Breathing together : shared breath**

Gift of presence and touch, touching with breath. Touch as forgiveness, love and accepting . Back to Back breathing . Belly to Belly breathing. Breathing with eye contact.  
Breathing with chakra balancing.

### **Lesson.7. Conscious Eating for better Breathing :**

What we really eat, be with the breath while eating, some food to improve your breathing. Absolutely try to avoid these foods to clear your breathing system open. Hurried eater/Hurried breather, Over eating/Over breathing

Dates:

*Sat, 4/21 11am-8pm*

*Sat, 5/19 11am-8pm*

*Sat, 6/23 11am-8pm*

*Sat, 7/21 11am-8pm*

*Sat, 8/25 11am-8pm*

*Fri, 9/21 6-9pm*

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## **Level 3-200 hrs**

**(classroom plus, home assignments and practicum)**

Certification –Becoming Guide/helping other

### **Prerequisite: completion of level 1 and 2**

Level 3 is particularly focused on how to guide and facilitate sessions for others and how to teach breathwork.

**Certification Module: Breathwork as a profession**

**Nature of reality:** Breathing mandala and AQAL model, “I-AM” ground and goal of existence, Hamsa-giving birth to Integral cosmic man

### **Lesson 1: Path of healing-3**

making choice, ‘to exist is to choose’. Back to your body and breath, healing meditation. Limbic resonance and deeper meaning of Integral relationship between healer and healee. Creating meaning in life, avoiding the scattered and monkey mind as a main problem.

**Lesson 1 Intake:**

Integral assessment, understanding client, becoming space holder, not fixer.

### **Lesson 2 – Who you are as practitioner**

Commitment to personal development. In service, selfless action, moving from ego-centric to Cosmo centric consciousness.

### **Lesson 3 Leading sessions**

What to watch, intake questions, art of deep listening and communications, compassion and forgiveness.

### **Lesson 4 Integral business**

Business of breathwork, finding your voice, marketing and branding your work.

## **Certification**

Certification is awarded after completing:

- Level 1
- Level 2
- 10 Sessions of Breathwork from a certified Breathwork facilitator
- 10 sessions facilitating Breathwork sessions for 3 clients, under guidance of a certified teacher
- Demonstrating emotional maturity, submit report of client’s progress, writing and presenting a journal of personal progress
- Assisting in classroom settings with a certified Breathwork facilitator

Dates:

*Sat, 9/22 11am-8pm*

*Sat, 10/20 11am-8pm*

*Sat, 11/17 11am-8pm*

*Sat, 12/15 11am-8pm*  
*Sat, 1/26/13*