

Australian Breathwork College

T: 03 9739 8889 www.breathwork.com.au info@breathwork.com.au

The Thrive Breathwork Training is a heart-centred, professional training that preparing you to create a rich and fulfilling career in service to others. The trainings are transformational because we need to do our own healing journey before we take others into their emotions.

LEVEL 1 - CORE CLEARING BREATHWORK COACHING CERTIFICATE*

Core Clearing Breathwork Coaching trains life-coaches to work with clients worldwide to gain clarity and direction, identify and clear blocks, be at their best and move forward in life with enthusiasm and grace. Includes a done for you 10 session *Tune Up Your Life* Coaching program (on Zoom or Skype) FB Ad, Enrolment session script, Email Sequences and Core Clearing Breathwork Script.

* Level 1 is a pre-requisite for Level 2

Core Clearing Breathwork Coaching Certificate - Online	2 Days +
You Can Change Your Life - Online 10-week personal growth	3 Evenings 10 Evenings
Breakthrough Breathwork Workshop In person, nonresidential in Melbourne	2 Days

LEVEL 2 - THRIVE BREATHWORK PRACTITIONER CERTIFICATE

Thrive Breathwork Practitioner training is an in-depth life-transforming journey of healing and empowerment. The Training prepares Breathwork Practitioners to find meaning and purpose and create a rich and fulfilling life doing what they love. Thrive Breathwork Practitioners assist clients resolve past trauma, open their heart, find peace, clarity, meaning and purpose, come alive and thrive.

The Thrive Breathwork Training is a 6-month program comprising 6 x 3 ½ day residential seminars and 6 trainings days on the Mondays following each seminar. Each Seminar runs from 7pm Thursday to 5pm Sunday. The training days are from 9am to 5pm Monday. The fees include food and accommodation.

1. Passionately Alive February 11-15, 2021	3½ + 1 Days
2. Alchemy - Conscious Creating February 25-28, 2021	3½ + 1 Days
3. Inner Child - Empowerment March 25-29, 2021	3½ + 1 Days
4. Manhood / Womanhood April 15-19 Womanhood & 22-25 Manhood	3½ + 1 Days
5. Loving Relationships May 20-24, 2021	3½ + 1 Days
6. Spirituality June 24-28, 2021	3½ + 1 Days

HOW TO APPLY

Acceptance into the Thrive Breathwork Training is subject to approval.

To apply for a place in the Thrive Breathwork Training contact Nicholas de Castella to set up a complimentary Discovery Session by emailing: nicholas@eq.net.au