



2023 Calendar

WORKSHOPS

(Click on Headings to link to more information)

You Can Change Your Life Program - Online (Personal Growth)

<https://breathwork.com.au/you-can-change-your-life-online/>

10 Week online tune up your life small group coaching with Nicholas de Castella.

- February: 8, 15, 22, March: 1, 8, 15, 22, 29 April: 5, 12
- May: 31 June: 7, 14, 21, 29 July: 5, 12, 19, 26 August: 2
- September: 13, 20, 27 October: 4, 11, 18, 25 November: 1, 8, 15

Passionately Alive - 3 ½ Day Residential Emotional Healing and Skills Training

<https://breathwork.com.au/passionately-alive/>

January 19 – 22**, July 13 - 16, November 23 - 26

BREATHWORK TRAINING

Level 1. Core Clearing Breathwork Coach Training (All Online)

<https://breathwork.com.au/onlinebreathworktraining/>

- 1) Heart Awakening – Self-Paced – Jump Start Self-Regulation
- 2) You Can Change Your Life: Personal Growth 10 Session (See above)
- 3) Breathwork Coach Skill Development: 2 days with 4 follow-on evening sessions
 - April 29 & 30 May 3, 10, 17, 24
 - August 12 & 13 August 16, 23, 30, Sept 5
 - November 18 & 19 November 22, 29 December 1, 8

Level 2. Thrive Breathwork Practitioner Training (In Person)

<https://breathwork.com.au/breathworktraining/>

Thrive Heart Centred Living Modules (Personal Growth Journey)

- 1) **PASSIONATELY ALIVE** January 19 - 22**, July 13 - 16, November 23 - 26
- 2) **HEART EMPOWERMENT** 8 Day Residential Retreat: February 17 - 25*
Conscious Creating, financial Abundance, Inner Child Healing
- 3) **HEART TANTRA** 8 Day Residential Retreat: April 14 - 22
Manhood / Womanhood, Loving Relationships, Spirituality

Thrive Breathwork Practitioner Training Days

** Breathwork Training 2 Day training day after PA: January 23 & 24

* Breathwork Training Theory: Self-Paced Modules

Level 3. Group Breathwork Facilitator & Leadership Training

Group Facilitator Foundations: 7:00pm Tuesday to 5:00pm Friday: January 31 - February 3
Attend Thrive Breathwork Training (See above) Online Coaching 1- 4pm: Feb, 9 & March 16

ONGOING MEMBERSHIP GROUPS

Thrive Club Heart Centered Living Community Connection - Online

<https://thrivecoachacademy.thrivecart.com/thrive-living-coaching-program/>

Monthly Self-Paced Presentation & Meditation: 1st of the month

Community Connect Coaching: 2nd Monday of month 7.30-9.00pm

Jan 9, Feb 13, March 13, April 10, May 8, June 12, July 10, Aug 14, Sept 11, Oct 9, Nov 13, Dec 13

Thrive Breathwork Academy - Professional Breathwork Growth Community

<https://thrivecoachacademy.thrivecart.com/thriveacademy/>

Afternoon - Breathwork Workshop 1st Tuesday of the Month 1.30-4.00pm

Jan 11, Jan 30, March 7, April 4, May 2, June 6, July 4, Aug 8, Sept 5, Oct 3, Nov 14, Dec 7

Evening - Mentoring 3rd Tuesday of the Month 7.30 – 9.30pm

Feb 21, March 21, April 18, May 16, June 20, July 18, August 22, Sept. 19, Oct 17, Nov 21, Dec 21

ASPIRE Group Breathwork In-person at Hazeldell, Sassafra, Melbourne

4 x Wednesdays 9.00am-12.30pm: Mar 15, June 14, Sept. 13, Nov 1

Men's Group (Usually first Monday of the month 6.30-9.30pm)

Jan 6, Mar 6, April 3, May 1, June 5, July 3, Aug 7, Sept 4, Oct 2, Nov 6, Friday Dec 3.