

TRANSFORMATIONS

Therapeutic Breathwork Training Program

Breathwork Certification Overview

Therapeutic Breathwork is a science and healing art using conscious faster and slower than normal breathing techniques along with other healing modalities to explore, release and integrate mental, emotional and physical energies. Our Breathwork Training Program is one of the oldest certification programs in the world and is a founding member of the [Global Professional Breathwork Alliance](#).

Therapeutic Breathwork training is approved for continuing education credits through NBCC and NAADAC.

Apprentice Therapeutic Breathworker

Level 1

For professionals and students who want to increase sensitivity to the effect of breathing on learning, healing and growth; develop basic breathwork techniques; and learn professional principles and ethics of breathwork practice under supervision.

Complete ONE of the Following:

Breathwork Practicum OR Live Modules in Breathwork OR Live Residential Retreat

Advanced Apprentice Therapeutic Breathworker

Level 2

For professionals and students who want to gain experience and confidence in applying breathwork techniques; and be trained in dry, wet and group breathwork techniques.

Complete TWO of the Following:

Breathwork Practicum OR Live Modules in Breathwork OR Live Residential Retreat

Professional Therapeutic Breathworker

Level 3

For professionals and students who want certification as a professional Therapeutic Breathworker by international standards; and qualification to practice independently with a wide spectrum of clients. This level requires 400 total hours of training over a minimum of two years.

Complete ALL of the Following:

- Breathwork Practicum; and
- Live Modules in Breathwork; and
- 2x Live Residential Retreat; and
- Take three clients through ten breathwork sessions each and receive supervision sessions for those three clients; and
- 175 elective course hours, which can be completed fully via approved coursework through Transformations, or:
 - A minimum of 100 hours of approved coursework through Transformations; and
 - A maximum of 75 hours through approved professional training outside of Transformations (past training may qualify).

Therapeutic Breathworker Trainer Apprentice

Level 4

For experienced practitioners who wish to lead trainings for breathworkers. Training is arranged on an individual basis.

Includes verified experience as a trainer of Therapeutic Breathwork, participation as a training assistant in Therapeutic Breathwork training with supervision, submitting recordings of training for supervision, and additional individual requirements. Contact Jim Morningstar for more details.