



Transformational Breath Foundation Training Program Overview

Transformational Breath Foundation (TBF) offers various Breathwork Training Programs in the following categories.

INTRODUCTORY Level Trainings: Provides 4 to 5 breath sessions. Several themes including: PRESENCE of BREATH™ and RECLAIM YOUR BREATH™ ... more [online](#)

PERSONAL Level Trainings: Our LEVEL 1, 2, and 3 Training (which comprise our 6-day PERSONAL SEMINAR) ... more [online](#)

PROFESSIONAL Level Trainings: Our LEVEL 4 FACILITATOR TRAINING and LEVEL 5 TEACHER TRAINING (totaling 3 weeks of classroom experience) ... more [online](#)

[Our Training Path Overview](#)

Looking for Certification in Transformational Breath®?

TBF requires completion of:

Personal Level Training (Levels 1, 2 & 3) * Professional Level Training (Levels 4 & 5)
Facilitator Internship * Field Study Hours * Personal Study Hours



Choose from 500, 575, 775 & 925 hour Professional Certification Programs

Transformational Breath Foundation • www.breathe2000.com • +1 603.286.8333

Transformational Breath® is a registered trademark of The Transformational Breath Foundation / Breath Ventures Inc, Tilton, NH USA. Certified Transformational Breath Facilitator™, CTBF, Certified Transformational Breath Group Leader™, Certified Transformational Breath Trainer™, & Certified Transformational Breath Senior Trainer™ are trademarks of Breath Ventures, Inc. USA.

Transformational Breath® Level 4 Facilitator Training



Explore the path of a Certified Transformational Breath Facilitator™. We cannot begin to tell you the amazing gifts that await you on this journey. This program will take you to the next level of expression and provide even more profound experiences in Transformational Breath.

What you will gain from the Certification Program

- Learn the skills, techniques, and application of Transformational Breath® on a professional level.
- Attain a deeper commitment to the Breath.
- Receive in-depth personal tutoring and mentoring from the founder and developer of the Transformational Breath process.
- In the residential environment, experience accelerated personal growth and evolution, and closer bonding with group and community.
- Become part of an international network of breathers and Facilitators.
- Expand your intuitive capabilities.
- Greater opportunity for growth through seeing the reflection of your own inner process in clients and sessions.
- Session confidence and know-how.
- Development of Breathing Analysis and Bodymapping techniques.
- Learn and utilize Transformational Coaching for personal and professional use.
- Energetic Initiation.

Other Advantages of Certification

- Enables you to use Certified Transformational Breath Facilitator™ certification mark.
- The Breathwork you share will be supported by the TBF.
- Web site photo and professional listing available.
- Use of the TBF Logo and the TBF brand.
- Promotional materials and business forms provided.
- TBF products available at wholesale prices.
- Extended Facilitator Development Program available.
- Updates on newest breathing techniques.
- Client referrals from TBF.
- Experience the most enjoyable profession imaginable!
- Facilitate at programs worldwide.

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Transformational Breath® Level 5 Teacher Training

The World is Ready to Breathe!

Do you feel moved and motivated to take on the sacred and rewarding mission of sharing yourself with the world as a *Certified Transformational Breath Group Leader™*?

TBF's Professional Training Level 5 is our highest level of training. When taken to the fullest of intent, it can lead you to the most extraordinary level of grace and joy available on the Transformational Breath® Training Path. This challenging and fulfilling program will prepare those who have successfully graduated from Levels 1 through 4, for the highly rewarding career of training others to breathe, as well as



leading groups and seminars in a transformational experience.

Throughout this richly amazing adventure into the deepest experience of breathwork, you will be uncovering and expanding your own capacity for dynamic expression, which is so critical to your success and that of your future students.

Organize and deliver your information in ways that support a deep and complete learning experience for all. Develop skill in using multi-sensory teaching techniques that stimulate all four learning styles, so that all of your students have fun and success at your trainings. Become adept at presenting *your* material with full awareness, balance, and integrity.



In addition to developing a deeper understanding of advanced Transformational Breath® consciousness and technique, we will practice:

- Effective presentation skills
 - Teaching from a place of mission
 - Group dynamics and leadership
 - Organizing material and structuring your program
 - Supporting the various ways in which people learn
 - Expanding your capacity to lead from the heart
- Clarification of goals and the power of intention
 - Express yourself authentically from the heart
 - Lots of breathing, connecting, fun!

Are You Ready To Lead?

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Transformational Breath Foundation

Professional Training

500, 600, 775 & 925 Hour Certification Paths

Program Hours for Certified Transformational Breath Facilitator™

Seminar (or Levels 1, 2 & 3) Training	50 classroom hours
Level 4 (Part A)	65 classroom hours
Level 4 (Part B)	65 classroom hours
Internship: Facilitator role at 2 Seminars	100 internship hours
Internship: Staff a Level 4 Training week	65 internship hours
Internship: 50 Documented Sessions	50 field hours
Document: Case Studies/Journaling	5 personal study hours
Required Reading	45 personal study hours
Personal Development Programs (including self-sessions)	50 personal study hours
Red Cross / Red Crescent First Aid Certification	5 personal study hours

Total Certified Transformational Breath Facilitator™ Hours: 500

Additional Hours for Certified Transformational Breath Group Leader™

Level 5 Training	75 classroom / study hours
Required Reading for Level 5	25 personal study hours

Total Additional Hours: 100

Cumulative Certified Transformational Breath Group Leader™ Hours: 600

Additional Hours for Certified Transformational Breath Trainer™

Lead 3 full-day Workshops	20 field hours
Internship: Co-trainer role at 2 Seminars	100 internship hours
Internship: Staff and then lead an Introductory Level Training	55 internship / prep hours

Total Additional Hours: 175

Cumulative Certified Transformational Breath Trainer™ Hours: 775

Additional Hours for Certified Transformational Breath Senior Trainer™

Lead 3 Introductory Level Trainings	75 classroom / prep hours
Lead Seminar (or Level 1, 2 & 3 cycle) under mentor evaluation	75 internship / prep hours

Total Additional Hours: 150

Cumulative Certified Transformational Breath Senior Certification™ Hours: 925

NOTE: TBF National Organizations may require additional hours.