

# Elements of breath



## **A professional training course that provides balanced and holistic health that truly satisfies**

*"Having learned about the healing power of breath has been a most wonderful and enriching gift. Jane creates the most wonderful healing and nurturing space, and learning about my breath has allowed my whole being to learn how to drop into a deep sense of calm and stillness. Jane has the ability to open up a whole new world of possibilities, where the infinite wisdom and subtle language of the human body can be explored."* Tajinder Chana, Counsellor.

### **Upcoming training dates:**

**Conscious Breath in Therapeutic Practice Part one**  
**Saturday 9 – Sunday 10 January 2016**

**Conscious Breath in Therapeutic Practice Part two**  
**Saturday 27 – Sunday 28 February 2016**

**Conscious Breath in Therapeutic Practice – supervision day**  
**Saturday 5 March 2016**

**Conscious Breath in Therapeutic Practice Part three**  
**Saturday 2 – Sunday 3 April 2016**

**Conscious Breath in Therapeutic Practice Part four**  
**Sunday 1 May - Monday 2 May 2016 (bank holiday)**

**Conscious Breath in Therapeutic Practice – supervision day**  
**Tuesday 3 May 2016**

### **About the training**

This training offers therapists in practice a chance to extend and deepen their work with clients. We will use conscious breath as an instrument to explore and integrate experience - from the everyday to the traumatic.

Building on emergent understandings of humanity as a living system, the course provides opportunities to experience how access to conscious breath as a practical resource can enhance dynamic connections at personal, interpersonal and intrapersonal levels of awareness. Working at the interface between mind, body and experience, conscious breath is an invaluable instrument to refine our relationship with ourselves, our clients and our world.

Conscious breath has recently become widely recognised by many psychotherapeutic disciplines and approaches as a valuable tool. It is now

understood as an effective means of accessing suppressed material in the body. This course will apply phenomenological approaches grounded in conscious breath to explore the familiar 'take a breath' intervention in all its potential. Conscious breath, used with skill, allows us to access meaningful and powerful feedback from client, therapist and in the wider environment of the story or situation. Experience for yourself the power of breath used with awareness and skill. Elements of Breath training programme covers:

### **The training covers**

How the breath, used consciously, is also a direct catalyst for positive change.  
How to perceive changing breath patterns and how they are related to health issues.  
Experience the relationship between emotions, breath and self-expression.  
Understand how core thoughts impact breath and body tension patterns.  
Learning what type of breath can allow feeling and sensations to deepen.  
Understand the connection between breath, stress and anxiety.

### **Background of the training**

Through many years of practice and teaching, Jane has designed a program that teaches how conscious breathing is a practical resource that can enhance dynamic connections at personal, interpersonal and intrapersonal levels of awareness.

Conscious Breath is widely acknowledged by many disciplines and approaches as an effective means of accessing awareness and bringing to consciousness suppressed material in the body and mind.

Working at the interface between mind, body and experience, 'conscious breath' invites both awareness and integration of experiences that are outside of our conscious awareness, teaching us to re-inhabit our feeling and sensing selves once more.

This course is based upon a strong embodiment of breath awareness and skills. This is a highly effective way of understanding the healing potential of breath.

### **Design and format of the training**

The training is made up of four elements; theory and practice lessons; conscious breath practice sessions; supervision; an optional individual personal journey of sessions.

Tuition incorporates visual presentations, experiential processes and practical sessions.

The training is 10 days in total and is made up of 4 x two-day training modules and 2 x one-day supervision sessions, a series of ten individual sessions, including a warm and/or cold-water conscious breathing session.

### **Where is the training held?**

The training is based in Blackheath, London. Tuition incorporates theory, visual presentations, experiential processes, practical sessions and supervision. See below for details.

**Elements Professional training for health practitioners, coaches, and counsellors: Provides on-going professional development to add skills and enhance your practice.**

**Investment:**

The training is a ten-day programme (80 hours in total) with an optional programme of individual sessions (24 hours).

On completion of the training programme and individual session programme, you will have 104 hours of training which enables you to join the BRS as an apprentice. Each course has a maximum of six participants.

Cost of ten day training programme is £850.00: If you wish to pay in instalments, please confirm with a non-refundable deposit of £350 and 4 instalments of £135.00 payable two weeks before the four training dates.

The programme of ten Individual sessions is £1,200. This can be paid by a deposit plus instalments at each session. For more information please ask Jane.

To book please fill out the application form.

**Please note, that this programme can be included as training hours towards a rebirther training, but of itself will not provide enough training hours to apply to become a BRS practitioner.**

On-going mentor sessions for BRS apprentice practitioners:

To join the BRS as a full practitioner you will need to complete in total 400 hours of training, which can include 100 hours of relevant/connected training, such as counseling or a health care training.

Please discuss with Jane the options available.



If you have a sense of how important breath is and you want to learn more about it, then this training is for you.

### **About Jane:**

Jane discovered Conscious Breath in her late 20's, healing herself of glandular fever, and has subsequently pursued ongoing training and study in many different breathing and healing practices. In June 1999 she co-founded the InBreath Institute, providing a three year training program in Integrative Breath Therapy. She is a qualified Craniosacral Therapist, the first authorised Continuum Movement Teacher in the UK, and a Somatic Movement Therapist and Educator (member of ISMETA).

Jane has also studied, and integrated into her practice, Integrative Arts Psychotherapy, Somatic Trauma work with Babette Rothschild, and Authentic Movement and Somatic Psychology and birth and infant movement patterns with Linda Hartley. More recently she co-founded the Somatic Movement Gathering with Mari Winkleman, a Conference for Somatic Movement Educators, students, and enthusiasts in the UK, where ideas and practices can be shared and new dialogues initiated and developed. She has presented at numerous international conferences in Venezuela, Germany, Russia, the USA, and the UK.

### **To register:**

Fill in the application form and return to Jane Okondo, Elements of Breath, 11 Tristan Square, London SE3 9UB. For more information please contact [jane@elementsofbreath.com](mailto:jane@elementsofbreath.com) or call 0208 318 9466 or 07595753526