

BREATHWORK TRAINING PROGRAMME 2004

The Breathwork Training Programme (BTP) is a highly skilled practitioner course, 40 days in duration, which can be taken as separate modules with no obligation to continue, or as a complete training over the course of a year. It explores the transformational nature of conscious connected breathing, and how this dynamic self-healing tool can lead to Self-Mastery. Issues such as family patterns & relationships; negative thoughts & self-image; sexuality; career & ambition; wealth & prosperity; communication & self-expression, physical, mental and spiritual health can all be addressed effortlessly through the conscious use of breath. Participants benefit from the valuable opportunity to focus on their personal process, and gain insight and resolution on issues that have been sabotaging their success in life. The training supports participants who wish to establish a private practice in this fast evolving and exciting area of complementary healthcare.

The course includes the following modules...

Self-Mastery I	(5 day introduction)
Self-Mastery II	(9 day intermediate)
Self-Mastery III	(16 day advanced)
Hot Tub	(2 day introduction)
Apprenticeship	(6 days - one per month)
Completion	(2 day integration)

The Breathwork Training Programme is designed to support...

1. Individuals seeking personal transformation
2. Established practitioners wishing to expand their skills
3. Aspiring practitioners who are coming to breathwork for the first time

Christina Artemis and David Austen devised the Self-Mastery trainings in 1985 influenced by their experience of working with the founder of the Rebirthing movement Leonard Orr. He evolved an appreciation of the transformational quality inherent in the breath, which has been explored by yogis through the ages resulting in practices such as Pranayama breathwork and Krya yoga. Transformational breathwork is vital in addressing conscious and sub-conscious patterns and beliefs, because it gently releases old pain or trauma without the need for mental understanding. For this reason many people have experienced profound changes in a few brief sessions after years of less successful dialogue based therapy.

This year for the first time The Artemis Foundation is offering all the component parts of the breathwork training in one package, from elementary to advanced levels, and is equally suitable for practitioners and individuals alike. The training explores suppressed aspects of Self creatively and experientially, using dynamic techniques such as role-play, sound and movement. Students are guided through the vital theoretical background and practical skills relating to this extraordinary process by a team of experienced practitioners and course tutors. Christina has worked internationally with Transformational Theatre techniques and dynamic breathwork for over 20 years, and has achieved a worldwide reputation as one of the foremost trainers in this field.

HEALTH WARNING: After undertaking transformational breathwork training, it is usual to experience enormous shifts in energy, which allows access to greater personal power, health, and an increased awareness of being alive!

SELF-MASTERY I

"Every journey begins with a step..."

Have you ever wondered why it can be so difficult to put your plans into action and make your dreams real? Do you experience self-doubt and negative beliefs, which overshadow what you want to achieve in life? The purpose of Self-Mastery I is to identify and bring conscious awareness to whatever may be obstructing your life path. Each step along the Self-Mastery journey brings you closer to achieving your dreams.

The training is a five-day residential held at The Beacon Centre near Exeter. It is a basic introduction to the theory and practice of Transformational Breathwork. Participants have a unique opportunity to bring consciousness to all aspects of their lives including self-esteem; relationships; prosperity; sexuality; employment; creativity; goals and aspirations. The course is used by...

1. Individuals seeking personal development at a deep level
2. Novices to breathwork with an interest in training further
3. As the first module in the Breathwork Training Programme

The training introduces basic concepts behind breathwork therapy, starting from the first breath. Conscious breathwork often surfaces suppressed experiences from early childhood, and even birth when the first breath was taken. These experiences may have occurred pre-verbally, yet still have far reaching implications to the present day. Once early childhood and birth patterns have been acknowledged and made conscious it is possible to clear any negative behaviour or decisions from this time, and to live a more liberated existence.

A critical aspect of our emotional development comes from forming relationships with those around us. These relationships are modelled on our family patterns and childhood experiences, and are therefore affected by any unresolved issues that may have occurred in our early life. To experience balance in adult relationships (personal and professional), it is vital to identify early blockages and evolve methods for moving beyond them. Self-Mastery I investigates family patterns in an experiential way through supporting participants in exploring family roles within the safety of the group environment. This results in rare opportunities to express feelings and thoughts that may have been suppressed with our actual parents and carers all our lives. Participants are supported in handling upsets with new perspectives and coping strategies. Once projections and patterns have been consciously acknowledged it is possible to release them, and make way for more love in our relationships.

Goals and aspirations are explored through a range of creative techniques including active meditation, creative visualisation and affirmations. The belief that thought creates our reality is explored in depth on the training through partnered process work and group sharing of personal experiences. Each participant chooses a buddy for the week, who remains in contact with them beyond the training supporting mutual commitment to goals and aspirations.

Each day includes a breathwork exchange to support insight into the subjects that are being explored. This is an excellent opportunity to experience the profound effects of transformational breathwork both personally and through supporting others.

Skills gained from SMI...

- Personal experience of five breathwork sessions
- Support of a group member during five session with supervision
- An ability to identify blockages which may be affecting progress
- Specific process work to handle blockages such as emotional release
- Use of affirmations and processes to support personal achievements
- Experience of transformational theatre, role play, sound and movement
- An introduction to Spiritual Purification techniques

Each participant receives a manual of training notes covering the full course curriculum, and a certificate of completion on the final day endorsed by The Artemis Foundation. There is no obligation to continue on to further levels of training.

SELF-MASTERY II

“ From strength to strength”

This training is focused on broadening skills and abilities to handle day-to-day situations with more conscious awareness and clarity, resulting in improved circumstances on an on-going basis. Making success a consistent theme in your life!

Self-Mastery II is a 9-day residential course held at Bellenau Chateau in Normandy. Its focus is to deepen the awareness started on SM I and create a safe nurturing environment in which participants can explore deep emotional frontiers with confidence. It presents the theory and philosophy behind breathwork practices in more depth, as well as introducing a variety of new breathwork process' to support Self and clients. The course is specifically focused on breath work, including how to use the breath consciously to support body, mind and spirit daily in a variety of environments. The course is used...

1. As an intensive personal time for self-development, healing and transformation.
2. As part of the professional training to become a Breathwork Therapist.
3. As Module 1 of the Certificate Course in Drama, Dance and Voice Therapy.

In addition to the themes presented in SM I the course introduces a range of new topics for exploration. Participants are supported in discovering the most negative thought they have about themselves (usually sub-conscious) and how to move beyond it. This process of unearthing the 'Personal Law' is an invaluable tool for in depth client work. Other self-sabotaging thoughts include Specific Negatives, which have their roots in societal conditioning, and Parental Disapproval Syndrome, which undermine progress through informing the mind of unsupportive statements on an on-going basis. Various techniques are presented to assist participants in handling the day-to-day impact of these false beliefs. The result of applying these techniques regularly is an increased ability to commit to ones creative potential without hindrance.

A vital aspect of the conscious breath workers awareness is their ability to perceive abundant life force and tap into it. Most people do not have this experience in their lives because they are subject to powerful unconscious negative thoughts. Anti-life thoughts, statements and behaviour keep people trapped in damaging relationships, addictions, dead-end jobs, apathy and physical disease. SMII examines anti-life behaviour in depth and suggests how to address these patterns personally and with clients.

SMII takes participants to a deep and profound level of self-examination therefore it is vital that there is a well-grounded appreciation of Spiritual Purification techniques and personal resources which keep the healing process in motion. Sacred fire ceremonies start each day with chanting and grounding exercises. Yoga is used in conjunction with the breath to support the physical body, and chakra-breathing meditation is practiced regularly throughout the nine days. Participants are encouraged to bathe regularly to keep their energy clear whilst processing deep sub-conscious beliefs. Trainers and assistants are available day and night throughout the course to support participants in processing their feelings. This is a unique and safe place to go to the places within you were always too afraid to experience, and clear them for once and for all.

Skills gained from SMII...

- ◆ To administer breathwork sessions daily with support
- ◆ How to structure a private session
- ◆ Application of Ethics and Principles
- ◆ Awareness and practice of breathing methods
- ◆ How to apply breathwork theory to yourself and others inc. Birth Script, Personal Law etc.

- ◆ Identification of negative patterns of consciousness and behaviour
- ◆ Locating energy blockages in yourself and clients – physical and emotional
- ◆ Other supportive techniques – use of sound / movement in a session
- ◆ Ability to facilitate clients through 10 dry sessions – dependent upon previous experience (please note full Practitioner qualification is achieved through attendance of the complete Breathwork Training Programme.)

For participants who have not attended SM I, we recommend at least five private breathwork sessions in advance to ensure maximum value is gained from the training.

SELF-MASTERY III

“...and from knowledge let there be wisdom”

Self-Mastery III is an advanced practitioner training focusing on hot and cold-water breathwork, which clears birth trauma at a core level. The training covers advanced skills for establishing a successful practice, advanced theory of breathwork, spiritual purification techniques and daily hot and cold-water sessions. The course is used...

1. As the professional qualification module of the Breathwork Training Programme
2. By established practitioners wishing to expand their skills in hot and cold water techniques
3. As an advanced training for independent breathwork apprentices

We recommend to gain maximum value from the course participants have completed a minimum of ten private sessions and attended SMII or equivalent breathwork training. This training is a vital opportunity for participants to practice using the elements as powerful spiritual purification tools, to reach new levels of healing both personally and to support clients. This includes...

- ◆ **EARTH:** The training is set in the beautiful grounds of Bellenau Chateau in Normandy. Participants have full access to the caves, rivers, chapel, permaculture garden, island and flora and fauna for the duration of the course. Each day commences with an hour of physical exercise including yoga, chakra breathing, and trance dance.
- ◆ **AIR:** Breathwork practices include hot tub work, which surfaces and helps process womb, birth, infancy and mother issues. Cold-water sessions help process anger, death, sexuality and father issues. Hot and cold water work to address issues arising from the transition from womb to the outside world including temperature trauma.
- ◆ **FIRE:** The sacred fire burns day and night for the duration of the training. Each morning starts with a fire ceremony involving the whole group.
- ◆ **WATER:** Each participant is encouraged to maintain spiritual purification throughout the training by bathing regularly. Additionally each day includes a hot or cold-water breathwork session.

SMIII theory sessions go deeper into the knowledge presented in SMI & SMII. Other subjects include: Advanced Breathing techniques, Forgiveness, Sex & Sexuality, Inner Child & Innocence, Physical Immortality, Power, Leadership & Authority, Prosperity & Money, Counselling Skills, Professionalism, Ethics and Practice, Death and Rebirth, Advanced Self-Esteem.

Skills gained from SMIII include...

- ◆ Ability to support clients through hot /cold water sessions including full integration
- ◆ Advanced Spiritual purification techniques through the use of Fire/Earth/Air & Water
- ◆ Identification and clearing of birth trauma and other damaging beliefs for self and clients
- ◆ Deeper understanding of the philosophy and psychology behind breathwork practices
- ◆ Advanced breathwork techniques
- ◆ Affirmations and Quantum Dynamics
- ◆ Confidence to focus and respond intuitively and creatively with clients
- ◆ Processes to handle resistance and fear which may be sabotaging a successful practice
- ◆ Ethics and professionalism for independent practitioners

- ◆ Presentation and Public Speaking
- ◆ Publicity and Promotion
- ◆ Increased Self-Esteem evolved through the unanimous vote process of qualification

All participants receive a manual of training notes covering the full course curriculum. Successful graduates of the unanimous vote also receive a full Practitioner Certificate, as endorsed by The Artemis Foundation. The organisation supports graduates who wish to present themselves for recognition by the British Rebirth Society (BRS) as professional breathwork practitioners. For more information about the requirements for Apprenticeship and BRS qualification criteria please contact The Artemis Foundation.