

W A Y O F S O M A

B E I N G B R E A T H E D

T R A I N I N G F A Q s

1) How much of the course is based on traditional pranayama?

This is an easy one to answer, quite a bit! We learn and practice foundational pranayama techniques and we also learn adaptations and contemporary evolutions of them. Many modern breathing techniques that are around today ie box breath and so on are techniques that are adapted from traditional pranayama. An overview of the roots and origins of the practices is in your being breathed manual.

2) How much homework will there be?

The homework is self-practice, a couple of 30-minute sessions a day, either to one of the recordings that accompany the course or your own exploratory practice. After each one, you will journal your experience and you will be given inquiries to prompt deeper exploration. And if you have time to practice teaching and bring the practices to your sessions right from the start then great! I encourage you! Teaching and sharing is a deepening practice in itself.

3) How many people will be on the course I seem to learn better in small groups.

Then this is the course for you! After participating in a few huge conferences, I resonate, I prefer a personal intimate experience where conversation and shared experience are part of the learning, this was one of the inspirations for creating this course format and I like to keep it pretty old school in as many ways as possible! We will be 12 participants plus a tech host and admin help.

3) Is the course content reflective of Godfrey Devereux approach to breathing as I have done a lot of his courses?

Godfrey was my principal teacher for 20 years and his subtle gentle approach to breathing contributes in many ways to how I teach. However, I have explored with various other teachers in somatics, trauma therapy, experiential anatomy, Buteyko breathing, and Oxygen Advantage and the combination of those studies comes together to give what I feel is a broadly inclusive and rich training.

4) Do we cover the Wim Hoff breathing practice? What do you think about Wim Hoff breathing?

Now, this is a question that I get asked all the time! Everyone seems to have heard of or be practicing Wim Hoff. We will not be practicing Wim Hoff, I would put it in a category of advanced breathing techniques and therefore not inclusive or accessible, but we will look at the impacts on the nervous system and the physiological implications.

4) Will I be able to teach private sessions based only on breathing following this course?

Yes absolutely, the restorative gestures, touch, and sound for breathing and somatic movement along with the breathing practices constitute a complete and balanced approach to breath practice. They enable you to facilitate and support individual clients in coming to a more intimate relationship with their breath, you can create along with them simple yet effective individualized programs from the foundations of this course.

5) How much can I charge for breathwork sessions?

The going rate for private session breathwork is a little higher than that of a yoga teacher and more on par with therapy at anything from 60 to 150 euros an hour depending on where you are based, how confident you are and your experience.

6) Is the course "presentation" heavy or mostly practice?

Due to meeting certification requirements by the yoga alliance, presentations are a required part of this course. I aim to keep them as interactive, engaging, and peppered with breaks of practice. The evening sessions have more presentation elements and the weekends more practice and teaching practice in breakout rooms etc.

7) I only teach groups, currently, not private sessions. Is this course suitable?

Yes absolutely, you may want to start to teach Being Breathed courses, which is a course format that can run for 6/12 or 24 sessions and is a great foundation course for your students and they may, from this experience, want to go deeper in private session work with you.

8) I am hopeless at anatomy and biology and I know in the course content this is an area you go into, I find it a bit dry! How much of the course does this take up?

We cover only the areas relevant to breathing and in a very experiential way, this extra layer of exploration does open the doors to new discoveries and inquiries. For the physiology and blood chemistry bit we cover the essentials and this again can help understand your own respiratory system better in terms of what you are feeling and having a more informed approach for your students, some clients like and need to understand things from the mind first.

9) I am unable to do all of the live sessions, can I still be certified and how important is it?

That's ok, yes you can still be certified when all of the certification requirements are met, attending all sessions live is not one of them. The group dynamic is important to the course, the buddy/ community element through WhatsApp, etc can help everyone feel connected even if they have to miss a session. Each session will be recorded and made available the following day for playback and popped into a private group in an online training member page.

10) I am a bodyworker and keen to help my clients, will what I learn on this course be easily translated into my work.

You will develop skills in identifying breath dysfunction that is invaluable for a bodyworker. You will be exploring trauma-sensitive vocabulary, how to instruct simple movement, and restorative gestures so that you can give your clients simple and effective programs that easily integrate into their daily life. It will be another string to your bow!

11) I would like to do the course but I am experiencing financial difficulty.

Please do not let this stand in the way of you partaking, fill in the application form, outline your situation, and let me know what kind of payment plan would work for you, and then we can chat about it and find a way :-)