



INTERNATIONAL BREATHWORK  
**JOHN STAMOULOS**  
AUTHOR / SPEAKER / TRAINER

**LIFE  
ENHANCEMENT  
INTENSIVE  
BREATHWORKER  
CERTIFICATION  
TRAINING**

**TRAINING SYLLABUS**

# INSTRUCTOR

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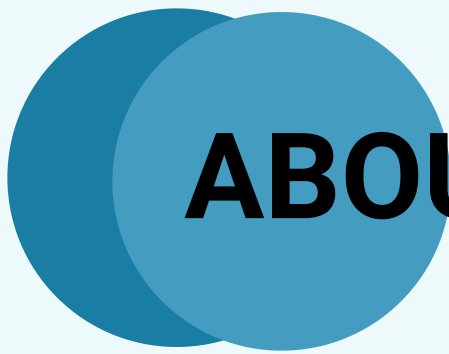
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Program Co-ordinator, guest expert instructors and other assistant staff will support John Stamoulos' course presentations.



# **ABOUT THE COURSE**



# ABOUT THE COURSE

## Course Description

The Life Enhancement Intensive Breathworker Certification Training (LEI) course is a 450-hour Breathworker training program that is delivered over two years. It is certified by the Australian Breathwork Association in alignment with *International Breathwork Foundation* and *Global Professional Breathwork Alliance* standards. LEI has been developed by international speaker, author and Master Breathwork facilitator, John Stamoulos. It is the product of his personal healing journey with Breathwork as well as his almost 30 years of global travel where he has been both facilitator and trainer of the Breathwork process to large groups and individuals.

Successful completion of this course will allow the participant to be designated as a *Certified Professional Breathwork Practitioner*.

## Course Objectives

LEI is designed to provide a balanced approach to Breathworker training that blends knowledge and understanding of the Breathwork history and structure along with the practical experience of the Breathwork process on both a personal and professional level. It is designed to introduce and deepen the theoretical and psychological aspects of the Breathwork process while it also provides long-term hands-on experience and mentoring.

The course begins with an extended interactive training course held over 17 days to help build a theoretical and practical understanding of Breathwork. During this intensive training program, the trainees are provided a blend of theory with experiential process that includes personal development and self-healing work within the Breathwork framework. In this segment of the course, trainees experience, express and release emotions and discover firsthand how the profound experience of the breath provides an opportunity for vital change and lasting transformation in their lives. In this segment of the training, participants will also begin the process of facilitation of the Breathwork process in a safe and mentored environment.

This LEI training program culminates in the extended, mentored practicums that take place over two years. This provides trainees a platform to perfect their Breathwork skills and demonstrate that they have acquired sufficient capability to meet the Breathwork standardised professional requirements to become a Certified Professional Breathwork Practitioner.



# ABOUT THE COURSE

## Course Outcomes

The LEI program presents all the materials and experience required for trainees to:

- Acquire an in-depth knowledge of all types of Breathwork
- Master the techniques for conducting all types of Breathwork sessions
- Grasp a full understanding of the psychological influences that create issues for clients and how to support the profound healing, emotional responses and release experiences of Breathwork
- Develop and embrace Professional and Personal qualities and attributes of becoming a Breathworker

Trainees come away from their two years of LEI education with the tools they need to become confident, capable and intelligent Breathwork facilitators and practitioners. They will have a continuing post-training support system that provides assistance and ongoing resources through their personal supervision by John Stamoulos.

Once you have completed this course, you will have a solid background in the various types of Breathwork, a template for conducting a Breathwork session, a full understanding of the emotions and responses, release techniques and influences from birth that can construct blocks around your or your clients' freedom to move forward in life.

The focus of LEI is to teach you to approach Breathwork sessions as a professional with all the tools you will need to provide a continuing support system and to give you the necessary resources to become a confident, capable and intelligent Breathworker.



# ABOUT THE COURSE

## Course Approach

Throughout the LEI 17-day segment of the training and during the two-year mentoring program, trainees will be expected to fully participate in their learning and will be required to meet the objectives of each segment of their training before becoming certified as a Professional Breathworker Practitioner.

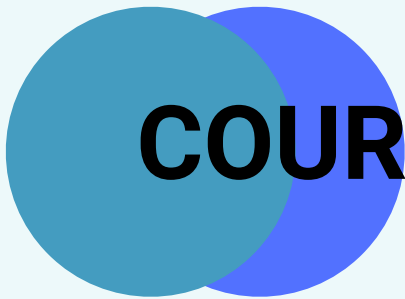
The course material will be covered initially through the LEI 17-day program and with online instruction classes and seminars. Periodically over the 2-year duration of the certification course, there will be additional presentations of the material so that the curriculum will be completed. There will also be guest expert instructors who will teach specialty segments of the course either in person or online.

*NOTE: In this time of Covid-19, the in-person segments of the course may require adjustment or may need to revert to online presentations. Throughout the 2-year program, the course curriculum will be delivered in the safest, most efficient and effective manner. Compliance with any pandemic restrictions will always be the priority.*

As part of the certification process, there will be required reading, quizzes, examinations, and discussions that must be completed and attended by trainees. Additionally, trainees must participate in compulsory supervised and 'on-your-own' practicums and must complete and submit designated case studies as part of each candidate's performance assessment.

*Personal integrity and non-judgment are vital elements that must be demonstrated by each candidate before certification will be issued. Each successful Certified Breathworker Practitioner candidate will be required to demonstrate appropriate knowledge and skills of the Breathwork process. They must indicate a deep understanding of the sacred nature of the technique and must express the utmost respect and regard for the clients with whom they work.*

The final decision on the candidate's successful completion of this Breathworker Certification Training will be determined by John Stamoulos as a result of his supervisory time of each trainee's course participation.



# **COURSE REQUIREMENTS**



# COURSE REQUIREMENTS

## Pre-Admission Requirements

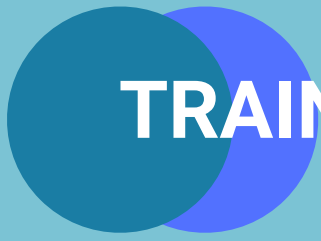
- Attendance at a minimum of 10 Breathwork sessions, introductory workshops / seminars that:
  - Teach foundational information about Breathwork including:
    - the Breathwork process
    - Breathwork history
    - understanding of Breath and Healing
    - demonstrate the Breathwork process
- Informal interview to:
  - determine interest
  - assess aptitude for Breathwork, emotional stability, capability and relevant past experience of applicant
  - understand desired outcome of applicant (whether attendance is for personal development or for Breathworker training)
- Completion of Registration Form

**NOTE:** While having supplemental training as a therapist in any accredited area of psychological study is helpful, ongoing Breathwork with clients provides necessary experience to be able to support clients in their process and to know when to refer.





# **TRAINING DETAILS**



# TRAINING DETAILS

## Training Details

### Intensive Training:

Breathwork trainees will be required to attend a 17-day intensive training designed to teach Breathwork theory, demonstrate experiential aspects of the Breathwork process and provide self-healing and personal development for each Breathwork trainee.

### Experiential Training:

#### Minimum of 30 Individual Breathwork Sessions by Breathwork Practitioner

- The purpose of this experience is to assist the trainee to acquire self-knowledge in order to become aware of / heal their own issues before beginning to support clients
- Supervised Observation and Assisting in Breathwork Training / Workshops / Seminars / Breathing Circle
- (minimum of 30 - 15 assisting and 15 conducting with observer)

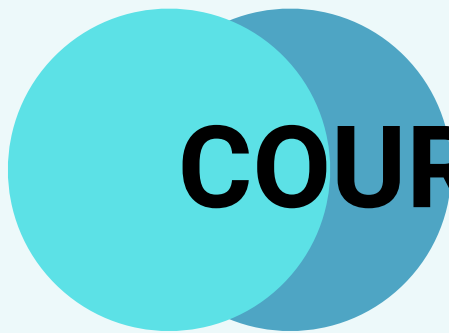
### Mentoring:

#### 2 years supervision of Breathwork practice with John Stamoulos including:

- Supervised Case Studies:
  - A total of 30 one-on-one Breath sessions are required for certification. The participants in the Case Studies will be one male, one female and a third person of either gender. Each participant will be given 10 sessions.
  - Each session will be summarized on the Breathworker Case Studies Report, which is forwarded to John Stamoulos for his review and feedback

### Analysis:

John reviews and discusses at intervals with trainees, sends, reviews and gives feedback to questions and submissions.



# **COURSE CONTENT**



# COURSE CONTENT

The course curriculum will provide learning on the following topics:

## CHARACTERISTICS OF A BREATHWORKER

### 1. Breathworker Personal Attributes and Qualities

- Self Care
- Nature of Caring and Loving
- Clarity of Intention
- Intuition
- Awareness & Presence
- Self-Esteem
- Self-Compassion
- Motivation
- Responsibility & Self-Responsibility
- Professionalism
- Independence
- Closeness / Intimacy
- Interdependence

### 2. Safety and Trust Building

- Safety
- Trust
- Building Self-Trust
- Developing Trust

### 3. Setting Boundaries

### 4. Principles for Breathworkers



# COURSE CONTENT

## OVERVIEW OF BREATHWORK

### 1. What is Breathwork

- **The Function of the Breath in Breathwork**

### 2. History of Breathwork

- **Our Initial Wound -Otto Rank**
- **The Breath and Healing -Wilhelm Reich**
- **Rebirthing -Leonard Orr**
- **Australian Breathwork Association**
- **Global Breathwork**
- **International Breathwork Foundation**
- **Breathwork's Evolution**

### 3. Benefits and Limitations of Breathwork

### 4. The Breathwork Process

- **The Stages of Breathwork**
  - **Relaxation**
  - **Physical**
  - **Emotions**
  - **Thoughts**
  - **Heart**

### 5. Conscious Connected Breathing



# COURSE CONTENT

## THE BREATHWORK SESSION (1)

- **The Beginning**
- **During the Session**
  - **Physical Sensations**
  - **Emotions**
  - **Thoughts**
  - **Breath Release**
  - **Energy Release**
- **Reaching the Heart**
- **Post-Session De-Brief**
  - **Getting the Client Grounded**
  - **Support for the Client**
  - **Post-Session Self-Care**

### 1. Intuition and Breathwork

### 2. Energetics in Breathwork

- **Expressions of the Body's Energy Field**
  - **The Aura**
  - **The Chakras**
  - **The Meridians**
- **Role of Energy**
- **Energy as a Vehicle for thoughts and emotions**
- **Reading Energy**
- **Moving Energy with the Breath**



# COURSE CONTENT

## THE BREATHWORK SESSION (2)

### 4. Breathwork and the Transformation Process

- **Understanding Change**
- **Choice and Change**

### 5. The Elements of Change

- **Self-Development**
- **Awareness**
  - **Physiology of Awareness**
- **Parapsychology**
- **Personal Growth**

### 6. Breathwork's Role as a Vital Component of Change

### 7. Contraindications

### 8. Covid-19 Guidelines for Breathworkers



# COURSE CONTENT

## BREATHWORK TECHNIQUES: STEP BY STEP

1. One on One Breath Session
2. Warm Water Breath Session
3. Cold Water Breath Session
4. Eye to Eye Breath Session
5. Open Eye Breath Session
6. Mirror Breath Session
7. Group Breathwork (Note: this is a separate certification post Breathworker Certification but will be discussed in general terms)
8. Self-Directed Breath Session
9. Breathwork During Activities
10. Children and Breathwork
11. Theories of Breathwork
  - Neurological and Neurobiological
  - Prana as Breathwork Component
  - Altered State of Consciousness
  - Shamanic, Indigenous, Spiritual/Religious Influences





# COURSE CONTENT

## PERSONAL DEVELOPMENT FOR BREATHWORKERS (1)

### 1. Personal Development

- Stages of Personal Development
- Outcomes of Following a Path of Personal Development

### 2. Theories of Personal Development

- Psychoanalysis
  - Freud – Psychosexual Development
  - Erikson – Psychosocial Development
- Learning Theory
  - Classical Conditioning
  - Operant Conditioning
  - Observation
- Cognitive Theories
  - Piaget – Cognitive Development
- Self-Actualisation Theory
  - Maslow – Hierarchy of Needs

### 3. Personality, Self and Ego

- Personality
  - Personality Development
    - Personality Development Stages
    - Carl Jung – Stages of Development
- Personality Development Theories
  - Psychoanalytic Theory
  - Humanistic Theory
  - Trait Theory
  - Social Cognitive Theory
  - Behavioural Theory
- Personality Disorders



# COURSE CONTENT

## PERSONAL DEVELOPMENT FOR BREATHWORKERS (2)

- **Self**
  - **What is Self?**
    - **Self Concept**
    - **Components of Self-Concept**
    - **Humanistic Psychology's View of Self-Concept**
      - **Self- Image**
      - **Self-Esteem**
      - **Ideal Self**
  - **Congruence and Incongruence**
  - **Self-Awareness**
  - **Types of Self-Awareness**
    - **Public Self-Awareness**
    - **Private Self-Awareness**
    - **Self-Consciousness**
- **Ego**
  - **Ego Development**
    - **Psychoanalytic Psychology and Ego Development**
    - **Ego Presence in Everyday Life**
    - **Negative Ego**
    - **Positive Ego**
    - **The Ego's Mask**
    - **Breathwork Awareness and Ego**

### 4. Relationship Between Self and Ego



# COURSE CONTENT

## PERSONAL DEVELOPMENT FOR BREATHWORKERS (3)

### 5. Understanding Self and Others

- **Psychology**
  - **What is Psychology**
  - **Main Schools of Psychological Thinking**
    - **Structuralism and Functionalism**
    - **Gestalt Psychology**
    - **Behaviourism**
    - **Psychoanalysis**
    - **Humanistic Psychology**
    - **Cognitive Psychology**
    - **Transpersonal Psychology**
    - **Depth Psychology**
    - **Somatic Psychology**

### 6. Self-Understanding and Personal Responsibility

### 7. Tools for Self-Understanding and Understanding Others

- **Breathwork**
- **Body Psychotherapy**
- **Diagnostic/Assessments**
- **Personal Exercises**
- **Exploring Integrity and Congruity**

### 8. Creating A Personal Development Plan

- **Process for Creating a Personal Development Plan**
- **Outcomes of Personal Development Plan**



# COURSE CONTENT

## COUNSELLING AND COMMUNICATION SKILLS (1)

### 1. Counselling, Advising and Helping

- What is Counselling
- What is Advising
- What is Helping
- What is Coaching Support for Client

### 2. Counselling Techniques

- Inner Child
- Transactional Analysis
- Neuro-Linguistic Programming
- Gestalt Therapy
- Voice Dialogue

### 3. Communication

- Active Listening
- Identifying Your Listening Skills
- Facilitating Disclosure
- Congruence and Incongruence
- Empathy and Authenticity
- Body Language

### 4. Dysfunction in Communication with Client

- Transference and Counter-Transference
- Projection
- Enmeshment
- Resistance and Defense Mechanisms



# COURSE CONTENT

## COUNSELLING AND COMMUNICATION SKILLS (2)

### 5. Types of Communication

### 6. Cultural Considerations

### 7. Interview Skills

- **What is an Interview**
- **What constitutes an Effective Interview**
- **Types of Questions**
- **Developing Interview Skills**
- **Outcomes of an Effective Intake and Exit Interview**
- **Inquiry vs Inquisition**
- **Confidentiality and Privacy**

### 8. Interview Questionnaire

### 9. Client Agreement

### 10. Referrals



# COURSE CONTENT

## AFFIRMATIONS

### 1. What are Affirmations

### 2. Subconscious Mind and Affirmations

### 3. Science of Affirmations

### 4. Why Choose to Use Affirmations

### 5. Purpose of Affirmations

### 6. How to Work with Affirmations

- Personally
- During a Breathwork Session

### 7. Contraindications

### 8. Types of Affirmations

- Affirmations – Processes
  - Repeat Affirmations
  - Self-Created Affirmations

### 9. Categories of Affirmations

- Suppressed Hostility
- General Well-Being and Vitality
- Self-Image, Self-Love and Worth
- Forgiveness
- Abundance, Manifestation and Prosperity
- Relationships

### 10. Outcomes of Affirmations



# COURSE CONTENT

## EMOTIONS (1)

### 1. Defining Emotions

- **What are Emotions?**
- **Why do we have Emotions?**
- **Emotions vs Feelings**

### 2. The Physiology of Emotions

- **Molecules of Emotion**

### 3. Avoidance of Emotions

- **Avoiding Emotions in Breathwork**
- **Consequences of Avoiding Emotions**

### 4. Suppressed Emotions

- **How Emotions are Suppressed**
- **Consequences of Suppressing Emotions**
- **Behaviours that keep Emotions Suppressed**

### 5. When Emotions are Expressed

### 6. Vulnerability and Emotions

- **What is Vulnerability**
- **Myths about Vulnerability**
- **Defenses against Vulnerability**
- **Embracing Vulnerability**
- **Outcomes of Embracing Vulnerability for Breathworker**



# COURSE CONTENT

## EMOTIONS (2)

### 7. Emotional Intelligence

- Five Components of Emotional Intelligence

### 8. Safety and Trust Building

### 9. Contraindications and Limitations –Emotional Disorders

### 10. The Emotional Healing Process

- The Emotional Healing Process
- Emotional Mastery

### 11. Emotional Healing with Breathwork

- What's Not Working
- Gaining Perspective
- Identifying and Expressing Emotions
  - Supportive Inquiry and Dialogue –Breathworker
  - Releasing Emotions
  - Energy Release
  - Emotional Release (Group; Couples)
- Taking Responsibility
  - Client's Responsibility
  - Accepting Responsibility
  - Taking Responsibility Signs
- Integration
  - Signs of Integration
- Self-Trust

### 12. Outcomes of Working with and Healing Emotions





# COURSE CONTENT

## EMOTIONS (3)

### 13. Identifying Emotions

- Love
- Stress
- Fear
- Grief
- Anger
- Jealousy
- Shame
- Depression

### 14. Understanding and Identifying Other Presenting Issues in Breathwork Clients

- Phobias
- Dissociation
- Addiction
- Abuse
- Sex and Sexuality
- Self-Esteem
- Family Dynamics
- Sibling Relationships



# COURSE CONTENT

## POINTS OF GROWTH THAT LEAD BACK TO LOVE (1)

### 1 Forgiveness

- What is Forgiveness
- Obstacles to Forgiveness
- Outcomes, Benefits & Points of Growth in Forgiveness

### 2. Wealth

- What is Wealth
- Attracting and Measuring Wealth
- Outcomes, Benefits & Points of Growth in Wealth

### 3. Health

- What is Health
- Physical Health
- Emotional Health
- Mental Health
- Spiritual Health
- Breathwork and Health

### 4. Relationships

- What is Relationship
- Mother's Touch – The First Relationship
- Father's Touch
  - Premature Birth
  - Caesarean Section Birth
- Non-Parental Touch
- Relationship with Self- What is Self-Love
- Stages of Relationship
- Conflict Resolution in Relationship
- Qualities of a Healthy Relationship
- Breathwork and Relationship



# COURSE CONTENT

## POINTS OF GROWTH THAT LEAD BACK TO LOVE (2)

### 5. Divinity

- **What is Divinity**
- **The Significance of Individual Connection to Divinity**

### 6. Spiritual Crises – Spiritual Emergency

- **What is Spiritual Crisis**
- **Types of Spiritual Crises**
- **Causes of Spiritual Crises**
- **Signs of Spiritual Crises**
- **Dealing with Spiritual Crises**
- **Outcomes of Spiritual Crises**



# COURSE CONTENT

## BIRTH TYPES

1. What are Birth Types
2. Impact of Birth Types
3. Breathwork and Birth Types
4. Specific Birth Types
  - Unwanted Birth
  - Breech Birth
  - Fast Birth
  - Other Birth Types
5. Tools & Techniques for Transforming Birth Influences
6. Birth Types and Points of Growth



# COURSE CONTENT

## THE BIRTHING PROCESS (1)

### 1. Pre-Birth (Pre-Natal)

- Physiological Development
- Psychological Development
- Development of the Brain
- Motor Development
- Development of perception and prenatal learning
- Pre-Natal Consciousness

### 2. Birth

- Physiology of Birth – Three Stages

### 3. Birthing Techniques

- Conscious Birthing
  - Natural Childbirth
  - Leboyer Method
  - Michael Odent – Water Birthing

### 4. Types of Birth

- Induced
- Caesarean
- Forceps
- Fast Birth



# COURSE CONTENT

## THE BIRTHING PROCESS (2)

### 5. Obstetric Presentations and Positions

- Normal
- Breech
- Face Presentation
- Transverse Lie
- Cord Around the Neck

### 6. Post Birth

- Separation of Mother and Baby
- Circumcision
- Breastfeeding
- Postpartum Depression

## Birth Trauma

### 1. What is Birth Trauma

- Basic Perinatal Matrices Stages

### 2. Psychological Imprints of Birth Trauma

### 3. Breath and the Birthing Process

- Breathing Patterns during Birthing



# COURSE CONTENT

## ANATOMY AND PHYSIOLOGY (1)

### 1. Central Nervous System

- Spinal Cord
- The Brain
  - Cerebrum
  - The Limbic System
  - Brainstem

### 2. Neurons

- Types of Neurons
- Axons and Dendrites
- Neurons and the Nervous System
- Neurons and the Brain

### 3. Endocrine System

- Function of Endocrine System
- Endocrine Disorders
- Stress and Endocrine System

### 4. Respiratory System

- Function of the Respiratory System
- The Breathing Process
  - Inhalation Cycle
  - Exhalation Cycle

### 5. Hyperventilation

- Physiology of Hyperventilation
- Resolving Hyperventilation



# COURSE CONTENT

## ANATOMY AND PHYSIOLOGY (2)

### Role of Breathing/Breathwork in Physiology and Anatomy

#### 1. Breathwork/Breathing and Central Nervous System

- Role of the Spinal Cord
- Role of the Brain
- Nose Breathing – effect on memory and emotion
- Neurological Activities During Breathwork
- Neurological Fear Response
- Breathwork and the Fear Response

#### 2. Endocrine System and Breathwork

#### 3. Respiratory System and Breathwork

#### 4. Hyperventilation and Breathwork





# COURSE CONTENT

## BUSINESS MANAGEMENT

### 1. Considerations in Starting Breathwork Business

- **Legal and Statutory Requirements**
- **Regulatory Compliance Matters**

### 2. Clinic / Practice Management

### 3. Strategic Planning

## CODE OF ETHICS

### 1. ABA Ethics

### 2. GBPA Ethics

### 3. Ethics of Sexual Relationships

### 4. Complaints Process