

# Elements of breath



Application form

Please complete and send the completed form and payment to:

Jane Okondo, Lovesbody, 11 Tristan Square, London SE3 9UB

Name:

Address:

Telephone Number(s):

Email address:

**Personal History:**

**Please give details of the following:**

**1. Any previous experience with breathwork / rebirthing / meditation:**

**2. Past and current health issues:**

**3. Experience of past and current therapy / complementary medicine / mediations, etc.**

**4. Please give details of any training and qualifications you have:**

**5. Please give details of current therapeutic practice:**

**6. Please write down what you are looking for from the Elements of Breath training:**

I would like to register for the following: (please tick where applicable)

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

Healthy Medicine of Breath	[ ]	Stress Therapy, Breath Wisdom	[ ]
Spirit of breath	[ ]	Continuum weekend	[ ]
Breathing Practice Sessions	[ ]	Individual session	[ ]
Supervision	[ ]		

**You can book each lesson for one person or up to a maximum of six people. The length of the lesson will vary depending upon the number of people.**

**b. Elements Conscious Breath Foundation Course**

This program provides the required number of hours of training and individual sessions needed to become a member of the professional breathwork organization (BRS) as an apprentice. This allows you to begin working with clients under supervision. The program includes the following:

**Theory and practice training:**

Healthy Medicine of Breath  
Spirit of Breath  
Heart of Listening  
Stress Therapy, Breath Wisdom

**Personal journey**

Individual sessions are included in the theory and practice training.

**Training for facilitating conscious breath sessions:**

Conscious Breath practice and supervision

**The training is based in Blackheath, London. For groups of six you can organize a training to be located in your area/organization. Please contact Jane to discuss details: 0208 318 9466.**

**Please read the Lovesbody Booking Conditions for Training Courses and Seminars**

1. Registration for trainings and workshops are to be made in writing using the booking form.
2. Places are only confirmed and booked following receipt of deposit or full payment and paid in £(sterling).
3. All deposit fees are non-refundable.
4. If Elements of Breath (due to unforeseen circumstances) has to cancel the training, liability shall be limited to the refund of deposits or full payment to those concerned booked on to the training or workshop and no liability shall be held to any other party or for any other costs incurred by the participant.
5. All cancellations must be in writing.
6. In confirming acceptance of the place offered on any training or workshop, the participant is thereby undertaking responsibility for the payment of the fees in full by the starting date of the training booked.
7. Elements of Breath reserves the right to alter dates or venues due to unforeseen or exceptional circumstances and there will be no liability to any party for costs.

**I confirm that I have read the Elements of Breath booking conditions.**

Signed ..... Dated .....

Please send completed application form and payment (payable to Jane Okondo) to:

Jane Okondo, Elements of Breath, 11 Tristan Square, London SE3 9UB