

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.

The training covers

- Experience how conscious breath supports us in transforming our life
- Un-locking tension and rebalancing through freeing up your breathing
- How to perceive changing breath patterns and how they are related to health issues
- Essential anatomy, physiology and energy of breath

- Facilitating conscious connected breathing sessions
- Experience the relationship between emotions, breath and self-expression
- Understand how core thoughts impact breath and body tension patterns
- Breath meditations for clients

- Using conscious breathing to access and allow deep energetic release from somatic shock
- Learning what type of breath can allow feeling and sensations to deepen
- Understand the connection between breath, stress and anxiety
- Facilitating entering into a place of dynamic stillness and opening to potential

Design of the programs

The Elements training is designed to bring awareness of the power of breath into your existing practice and life.

Through many years of teaching, I have designed a modular course that allows you to learn at your own pace. What this means is that you can simply take one or two lessons, or you can take the full training.

If you are interested in training to be a conscious breath practitioner the Elements Conscious Breath Foundation course is designed to fulfil the requirements to join the UK Professional Breathwork organization (BRS) as an apprentice practitioner. This qualifies you to begin setting up a practice as a Conscious Breath practitioner with the guidance of a supervisor and to join the BRS apprentice program.

Where is the training held?

The training is based in London. Tuition incorporates theory, visual presentations, experiential processes, practical sessions and supervision.

Training choices

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

Courses available:

Healthy Medicine of Breath (4 lessons)

Stress Therapy, Breath Wisdom (5 lessons)

Integrating breath awareness into your practice (1-3 lessons)

Breathing Practice sessions and supervision (a minimum of two people)

b. Elements Conscious Breath Foundation course:

The foundation provides 100 hours of training and meets the requirements to become a member of the professional breathwork organization (BRS) as an apprentice. This allows you to begin to work with clients under supervision. You can also join the apprentice program to complete your training to full practitioner status:

Lessons:

Healthy Medicine of Breath (16 hours)

Heart of Listening (8 hours)

Spirit of Breath (16 hours)

Stress Therapy, Breath Wisdom (20 hours)

Days:

Breathing Practice sessions under supervision x 10

Personal journey:

Each lesson includes a conscious breathing session.

c. On-going training for BRS apprentice practitioners:

To join the BRS as a full practitioner you will need to complete in total 300 hours of 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 has been working in private practice in the healing arts since 1992, drawing from her skills as an integrative breath therapist, craniosacral practitioner and art therapist.

In breath therapy she has trained with Sondra Ray, Diana Roberts, Ben Renshaw, Dan Brule, Bob Mandel and Leonard Orr. Her post-graduate studies in craniosacral therapy were with the Karuna Institute and Mike Boxall. This awoke her interest in how the fluid system provides a deep healing intelligence in the body.

At the same time she was training as an Integrative Arts Psychotherapist with the I.A.T.E in London. Jane integrated the use of art and play into her practice with breath therapy, which created the foundation for the One Year Seminar program established with Gerd Lange in January 1997. In June 2000 Jane and Gerd founded the InBreath Institute where they ran training programs in Integrative Breath Therapy until September 2009.

In January 2008 Jane set up the Elements of Breath training to provide Professional development programs in Awareness of Breath for Counselors and Complementary Health and General Health practitioners. She is currently the General Secretary for the British Rebirthing Society which is the main professional organization for Breath therapy in the UK.

Her focus of research has been on the connection between breath, somatic trauma, and fluid body dynamics in relation to softening and freeing up defense mechanisms, and how this connects on an emotional / psyche level. She studied with Babette Rothschild in Somatic Trauma and more recently has been integrating the principles of Continuum Movement into her work. She has studied with Emilie Conrad the founder of Continuum and is now an authorized Continuum Movement Teacher. In April 2004 she established 'Love's Body', a term Emilie Conrad uses for the fluid intelligence in our being. More recently she has completed an MA in Dance and Somatic Wellbeing and her interest in the connection of breath and movement in healing and transformation continues to integrate into her practice.

Investment:

You can pay for each part of the training separately or pay in full.

Theory and Practice Lessons (includes individual session)	£140
Paired Breathing practice (includes sessions and supervision)	£80
Breathing practice days (includes sessions and supervision)	£80
Individual sessions	£90
Supervision	£45
Elements training foundation course	£2900
Elements apprentice program – please call Jane for information	

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 or call 0208 318 9466 or 07595753526.