

BREATHWORK 23-NELSON INTRODUCTORY TRAINING FOR PERSONAL DEVELOPMENT & HEALTHCARE PROFESSIONALS

FACILITATOR/TRAINER: ROBIN WOODSFORD
REGISTERED PROFESSIONAL PRACTITIONER
NEW ZEALAND ASSOCIATION OF BREATHWORKERS INC

SCHEDULE FOR BREATHWORK 23 Introductory Training Weekends

COST \$350.00 per wknd

MARCH - The Technique

7.30pm - 10pm Fri 10th
10am - 5pm Sat 11th & Sun 12th

APRIL - The Art & Science of Breathwork

7.30pm - 10pm Fri 21st
10am - 5pm Sat 22nd & Sun 23rd

MAY - The Spirit of the Breath

7.30pm - 10pm Fri 12th
10am - 5pm Sat 13th & Sun 14th

JUNE - Client Practice & Delivery to the World

7.30pm - 10pm Fri 9th
10am - 5pm Sat 10th & Sun 11th

TOPICS TO BE COVERED

Healing past trauma
Relationship dynamics
Family systems
Energy and emotions
Creative thought and the mind
Conception
Birth
Infancy
Childhood
Ancestral wounds and patterns
Cultural and gender issues
Intuition
Healthy touch
Birth scripts
Abundance and scarcity
Personal Laws
Working with clients

An 80 hour Introductory Breathwork Training endorsed by the New Zealand Association of Breathworkers Inc

NZAB Website: <https://breathworkers.org.nz/>

Designed to give a practical, as well as a theoretical Training, in the conscious use of the Breath. Breathwork is a modality for healing and personal growth as well as for the exploration of soul and spirit. The Training offers the potential for greater aliveness and well-being. It is an Introductory Training for anyone working in the Healthcare & Healing field and would be a great tool for putting in the 'kitbag' of options to use with clients. The Training will be an opportunity for an in-depth personal development journey too.

The 80 hours would be deemed as credits towards a full NZAB Professional Breathwork Training. The NZAB Inc is a Professional Association registered with the NHPNZ Inc.

ROBIN WOODSFORD MNZAB

Contact Robin to enrol or for more info:

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"Breath is life and breathing is living."

