

# ILSU BREATHWORK 24-TAUPŌ INTRODUCTORY TRAINING FOR PERSONAL DEVELOPMENT & HEALTHCARE PROFESSIONALS

INNER LIFE SKILLS UNLIMITED  
FACILITATOR/TRAINER: PATRICIA PREMA WYLIE  
REGISTERED PROFESSIONAL PRACTITIONER  
NEW ZEALAND ASSOCIATION OF BREATHWORKERS INC

## SCHEDULE

### ILSU BREATHWORK 2024 Introductory Training Weekends

COST \$300.00 per wknd

#### MARCH - Breathwork Technique

7pm - 9.30pm Fri 22nd  
10am - 5.30pm Sat 23rd & Sun 24th

#### APRIL - Birth & Relationships

7pm - 9.30pm Fri 19th  
10am - 5.30pm Sat 20th, & Sun 21st

#### MAY - Psychology of the Breath

7pm - 9.30pm Fri 17th  
10am - 5.30pm Sat 18th & Sun 19th

#### JUNE - Complementary Modality Linking

7pm - 9.30pm Fri 14th  
10am - 5.30pm Sat 15th & Sun 16th

## OVERVIEW OF CONTENT

The following are aspects of each Months Theme:  
Daily CCB breathing sessions and personal  
sharing time will be included.

Philosophy of Breathwork and Rebirthing  
Breathology - Physiology, Scientific studies  
Breathwork models and Histories

Pre-natal development including Conception  
Birth, Infancy and Childhood  
Adolescent & Adulthood Relationships

Conventional Psychology / Spiritual Psychology  
Ego and soul concepts, Communication models  
Victim / Freedom Cycle, Creative thought

Networking with complementary modalities  
When to refer / recommend and how  
Medical / Physical / Metaphysical Practitioners  
Practitioner / Client relationships

### 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 spirit & soul. This Training offers the potential for greater aliveness & well-being. It is an Introductory Training for anyone who may be interested in undertaking the full NZAB Professional Breathwork Training and for Healthcare Practitioners who may wish to introduce the consciousness of Breathwork into their Professional Practices.

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.

**PATRICIA PREMA WYLIE MNZAB**

Contact Patricia to enrol or for more info:

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**“Inhale the future, exhale the past.”**

