

YOGA WITH SHAWNA

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BREATHWORK

teacher training

Trainings can be taken in person or online.



Course Objective

Nothing is more important than our breath. The breath is our most sacred gift: it brings us life. Without the breath, we cannot have the human experience. I used to joke that people paid me the big bucks to remind them to the one thing they came into the world naturally knowing.

The breath is directly correlated to the health and well being of the mind, body, and spirit. Our breath patterns mimic the patterns in our life. The breath can be reprogrammed to healthy + new patterns. This reprogramming brings profound healing to the mind, body, emotions, heart, and soul. It helps us to change to be more balanced. There is a serious link between breath work + trauma. Think of the times life took your breath away or you cried so hard you couldn't breath.

Breathing exercises help us heal. They help us take back our breath. They help us appreciate the gift of our breath, the gift that is life.

This is a two part training. Each part is offered at a separate time leaving a break so you can apply and integrate the information taught. Each part offers a separate certification. You do not need to take both certifications and you do not need to take either in a set order. They complement each other but each offer understanding how to do and teach different breathing exercises. Both trainings focuses on helping you find your breath again maybe for the first time ever or if you have a connection to your breath, to go deeper.

Breath medicine is for our entire being. This medicine is only around for two reasons: (1) it has proven to work and stood the test of time (2) it has been passed down and along by teachers for lifetime(s).

A woman is lying on her back, wearing a white tank top. Her hands are resting on her belly, which is partially covered by a white cloth. She is wearing a ring on her left ring finger. The background is a plain, light-colored wall.

Prerequisite

NONE. A prerequisite is not required for either Part 1 or Part 2 and you do not need to take Part 1 before Part 2. They are two separate trainings offering two different types of breathwork.

There is no minimum or maximum age requirement or experience needed. This training is open to anyone who breathes.

Those looking to do profound and deep inner-work as the breath gives us our life should take this training. The breath helps us transform. It helps us heal. Breathing is our main job as human, yet over 70% of us do not know how to breathe properly. Improper breathing leads to various health concerns and issues.



Curriculum

This comprehensive program will be a transformative journey that will provide you the skills + community needed to become a confident + inspiring breathwork teacher. Because breathwork is so vast and dynamic there are two sepearte trainings that can be taken (both are encouraged to take!). They cover different topics + bring different healing through the breath in different ways. Most students take both certifications but students should enroll in the program that sounds most interesting to them.



"The healing I received in this raining was 100 times more powerful than years of talk therapy. I did this training for myself. I changed profoundly + now I am inspired to pass it on to others. I feel so lucky to have found this program and my breath."

Part 1

40 hours

This coursework focuses on ancient breathing exercises that have been helping people for over 5,000 + years, along with just a few modern, new styles of breathing. Students will engage in 5-15 minute breathwork practices and be able to hold space for themselves + others using these techniques.

This training covers:

- understanding the proper way to breath + correcting bad breath patterns
- learning and deeply studying 8 ancient pranayama+ modern breathing exercises
- understanding proper positions for completing breath work
- exploring the science of breath
- understanding the emotional, mental, spiritual, and physical benefits of the breath
- using mudras associated with breath
- using plant medicine for breath
- engaging in hygiene for proper breathing

Part 2

40 hours

This course works focuses one modern breathing exercise that transforms the mind, body and subconscious of the individual. Students will engage in circular breathing and engage in 45 minute to 60 minute breathwork practices. Upon graduation they will be able to hold space for others + themselves using the learned techniques for this specific style of breathwork, Circular Breathing with Toning.

This training addresses the physical and energetic components of the respiratory system. It Includes understanding the principles of demonstration, observation, instruction through cueing, teaching styles, qualities of a breathwork teacher, the student's process of learning and business aspects of leading Breathwork courses, classes + experiences.

The training addresses breath in relationship to body mapping. It also uses a sound healing component in using toning to realign stuck energy.

Where as part 1 focuse on various breathing strategies, part 2 focuses on one style of breathwork and how to use it properly + safely teach it to others.



" I am one of the many, many souls that have been touched by one of Shawna's trainings. I am a teacher myself and so I know what it is like to teach others. Shawna holds space for others in a way I have not seen before. Her passion and care is next level. The Breathwork Training brought my own teachings and wellness to the next level. I will be back for more trainings with Shawna.



Internship

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will have you teaching in the breathwork field applying the lessons learned directly to students on the mat and in real life. You will have the opportunity to do one or more of the following:

- intern in person at a successful yoga studio
- create breathwork classes and/or workshops, and that implement the studies and wisdom gathered in the training
- create a real life opportunity to speak about the concepts you are learning and help your students embody them
- find your breathwork teaching voice
- be inspired by helping others
- learn the business of breathwork + holistic health first hand in an operating yoga studio
- create your presence as a breathwork teacher
- commit to something meaningful + purposeful
- gain material for your resume
- gain Shawna as a reference for you to use to help advance in your career



The breath opens the door to do powerful work that helps transform. Take these trainings to:

- help heal old emotional wounds
- reprogram old subconscious patterns
- find peace/health/harmony in your mind, body and heart
- spiritually expand
- amplify your vibration
- improve your physical, mental, emotional, energetic or spiritual health
- gain more self awareness or get to know yourself better
- teach others the power of the breath



Why teach breathwork?

Breath work has a number of benefits including helping with:

- anxiety
- stress
- depression
- ADHD
- obesity/being over weight/looking to lose weight in a healthy and safe way
- trauma and PTSD
- chronic pain
- addiction (specifically healing for those looking to quit smoking cigarettes or marijuana)
- physical pains/discomfort in the body
- cancer or other chronic conditions/illnesses
- a suppressed immune system
- obsessive compulsive disorder
- focus/clarity
- spiritual awakening/inspiration



"You can days without food and water. You cannot go very long without breath. This is the exact way I feel about taking these trainings with Shawna."

A woman with blonde hair is sitting on a light-colored couch, meditating. Her eyes are closed, and her right hand is resting on her chest. The background is a blurred kitchen area with a wooden countertop, a red pot, and some plants.

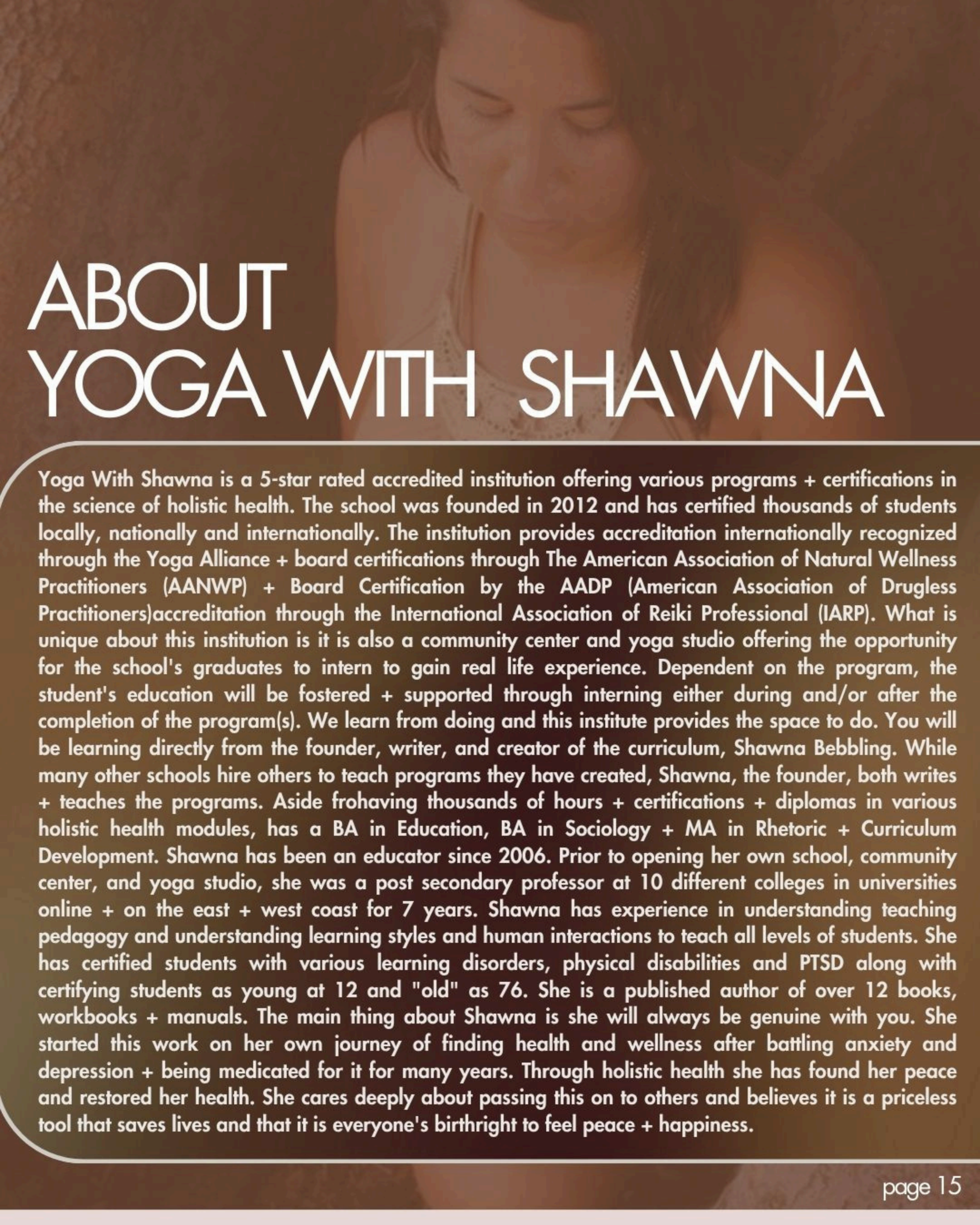
Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 80 Hours through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications

"You never really know what it is like to teach breathwork until you have a class where you are the teacher. The internship experience provided me the opportunity to teach to people who wanted it (not just my friends and family who were being nice). This was a game-changer for me in understanding breathwork and how to teach."





ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young as 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.



"I do not know of any of school or teacher in the breathwork field that would generously provide an internship right after graduation to ensure you understood and can apply everything learned in the training. Shawna cares about your education. She is a great investment."



Investment

\$1999 per training or \$2599 for both trainings by first day of first training
[discounted rate, paid by first day of school]

2 payments of \$1019.50
3 payments of \$686.33
*per part

apply:

