



Teacher Training

Level One Syllabus

This includes:

- Our mission
- Required preparation
- Guiding principles
- Safety
- Delivering a breathing session
- Profound ways of breathing
- Assessment
- Format of learning
- Entitlements of a certified level one Blissful Breath Teacher

Mission

Our mission at the academy is simple: better breathing for everyone.

Our breathwork teachers will embody this mission. They will be skilled teachers, able to safely guide people through profound ways of breathing. These ways of breathing will calm us, improve our health, help us feel more open, more loving and deepen the meaning in our lives.

Our breathwork teachers will help their families, friends, co-workers and communities to breathe better and live more.

Required preparation

In order to prepare for this teacher training, each student is required to read the best-selling book "The Blissful Breath." They are also expected to dedicate at least 10 minutes a day to their own breathwork practice using The Breathe With Níall App.

Guiding principles

There are five guiding principles that are key to becoming a great breathwork teacher. During level one training, you will begin the path to mastering these principles. These include:

1. The importance of intention: what you want to get from your experience and how that influences how you teach and guide breathwork
 - a. Plus, what is the intention of the people you are teaching? And why that is important
2. A safe setting: why it's vital to create a welcoming and safe setting for breathwork and how to do this
3. Preparing your own internal state before teaching: why this is so important, how the people you guide will feel what you are feeling and how to manage this
4. The depth of your own breathwork practice and how it influences the people you guide
5. Explain, demonstrate and practise: how to help people build a model of understanding

Safety

All of the guiding principles will be explored in detail; we will also spend more time specifically on safety:

- How to create a safe place for your breathing sessions / classes
- What ways of breathing are safe for people
- How to assess risks
- How to communicate safety during your breathing sessions
- How to deal calmly and confidently with problems if / when they arise
- Size of groups: how many people can you guide safely?

Delivering a breathing session

There are three important stages to delivering a safe, and profound, breathing session / class. We will explore each of them in detail:

- Stage one: preparing the body for breathing
 - It's vitally important to let go of tension, tightness and stress before we begin to breathe. You'll learn how to do this.
- Stage two: guiding breathwork
 - You will learn how to guide people through breathwork sessions of different types and will have ample opportunities to practise this during the teacher training
- Stage three: bringing them back
 - During breathwork, we can lose track of space and time. So, it's essential that we learn how to bring people back and prepare them for leaving your class and going back into the world. You'll learn how to do this skillfully

Profound ways of breathing

On completion of level one, you will be an emerging expert in ways of breathing that:

- Help people feel calm and peaceful
- Reduce stress, anxiety and worry
- Improve health and immunity
- Elevate mood, helping people feel happier, more compassionate and relaxed
- Find control and calm despite pressure and overwhelm
- Improve sleep
- Gain insight and think more clearly
- Break old and unhelpful patterns of thinking
- Bring greater meaning to people's lives
- Help us find balance again
- Are restorative, restful and healing

We will focus on three core ways of breathing that can be adapted and combined in many ways to help the people you are guiding. Students will learn how these ways of breathing work, the science behind them and how to guide people through them.

Assessment

Each student will be continuously assessed as the training proceeds. They must:

- Show a clear understanding of the five guiding principles
- Practice what they preach: demonstrate a commitment to practising breathwork every day
- Be able to create a safe and welcoming environment with their words, attitude and actions when guiding people
- Complete all the homework that is assigned to them
- Show a competent understanding of the ways of breathing as they have been taught
- Be able to skillfully guide people through the core breathing exercises
- Show kindness and compassion to their fellow students and everyone involved in their training

Format of learning

The main brunt of the learning will take place during the first four weekly teacher training classes. Students will learn everything outlined above and will have opportunities to practise what they have learnt in class. Students will be assessed (using the criteria outlined in the section above) throughout the classes.

Between classes, there will be homework. This will consist of:

- Videos: that the students will record on their phones - nothing fancy needed, we'll keep it basic and simple
- These videos will answer specific homework questions
- The reason we use video is that students have to get used to "performing" in front of a class, and creating videos, and learning from watching them back, improves that performance
- Each week, they will also record themselves guiding mini-breathing sessions
- There will be supporting material available online as well for students
- The first four weeks of classes (plus homework) will form the basis of the assessment
- If the student has passed, they will be notified before the final teacher training class
- If they have not passed, they will be given a chance to submit extra homework and assignments to improve their assessment
 - If this is done on time and satisfactorily, they will pass
 - If not done to that standard, the student will not pass and will not become a certified Blissful Breath Teacher.
 - They can, of course, do the entire teacher training again at another date and at their own expense if they want to try again
- The final teacher training session will be dedicated to a graduation ceremony and discussion of what happens next

Certified level one Blissful Breath Teacher

At the satisfactory completion of their training, the student will become a certified Blissful Breath Teacher. They will be able to teach everything that is outlined above. They will be a qualified breathwork teacher and guide. They will also have the right to proceed to level two training.

I am always looking for great breathwork teachers to help me with my events and work, so they will be considered for that also.

They will also become official members of The Blissful Breath Academy. There will be exclusive events specifically for members of the academy.

Any questions, please contact niall@breathewithniall.com

