**Advanced Breathwork Practitioner Course Manual - 2018**

**Module 1: Introduction**

Introduction to Advanced Breathwork Practitioner Course

Lesson 1: What is Breathwork

Lesson 2: History, scope and styles

**Module 2: The Science of Breathing**

Lesson 1: Anatomy of the Respiratory System

Lesson 2: Anatomy of the chest cavity, diaphragm and muscles involved in breathing

Lesson 3: The Fascia

Lesson 4: Respiratory Physiology and Chemistry

Lesson 5: The Vagus Nerve

Lesson 6: The Brain

Lesson 7: Energy Management and Breathwork

**Module 3: The Practice of Conscious Breathing**

Lesson 1: The Principles of Breathwork

Lesson 2: The Formula for Transformation

Lesson 3: The Seven Parameters

Lesson 4: Analysis of Breathing

**Module 4: Conducting a Conscious Connected Breathwork Session**

Lesson 1: The Technique of Conscious Connected Breathing

Lesson 2: The Phases of a Session

Lesson 3: How to Conduct a Conscious Connected Breathing session

Lesson 4: Tetany and Emotional Outburst

Lesson 5: When the Breath Ceases

Lesson 6: How you know when a session is complete

Lesson 7: Perinatal Matrices

**Module 5: Thoughts, Emotions and Beliefs**

Lesson 1: Working with Emotions

Lesson 2: Belief Systems

Lesson 3: The Subconscious Mind

Lesson 4: Breath and the Neurobiology of Change

**Module 6: Energy and Consciousness**

Lesson 1: Energy Anatomy

Lesson 2: Kundalini Energy

Lesson 3: Science of Shivagama - masculine and feminine energy

(revised 2021-09-27)