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**TRAINING PROGRAM**

**TRANSFORMATIVE BREATH-WORK / BREATH TRAINING FOR INNER TRANSFORMATION**

*IT IS NEVER LATE TO RECONNECT WITH YOUR AUTHENTIC SELF!*

The training is organised by Centar za razvoj i radost (Center for Inner Development and Joy)

Training Program Founders: Pushan Govind & Anand Shama

This 2-year training consisting of 4 modules starts this May 2019. The training is international and open to people from other countries. The training is intended for all professionals working with people (*psychotherapists from different therapeutic directions*, *yoga instructors, body workers, holistic counsellors for personal development) as* well as other who wish to deepen their knowledge about breath work and their own experience.

The requirement to complete the transformative breath training is:

* To complete the 4 modules as they are complementary to each other;
* To complete 10 supervision sessions with one of the team members within 2 years of the training:
* To complete 10 individual SE& Trauma Healing Sessions with certified SE practitioner within 2 years of the training.

Through experiential training program we will learn how to work with others in breath sessions including some trauma resolution work. Through intensive work on our own experience, we will have a chance to personally go through different methods of work and in that way gain deeper understanding of what we want to offer to our future clients.

Through this training, we will learn a new way of supporting others on the path of personal transformation and healing. We will also have a chance to look deeper into our own inner dynamics, unconscious patterns, unresolved traumas as well as our resources and strengths in life.

In our work, we will use Somatic Experiencing techniques, Bodynamics, Bioenergetics, principals of Reich’s work, Pulsation and Diamond Breath Work

The group is formed at the beginning and is closed for all 4 modules. There are limited number of slots available to maintain the quality of work.

Training fee for each training module: 350 EUR.

Fee for individual SE sessions and supervision sessions: 40 EUR

The first module will be organized from 4 – 9 May 2019.

The second module is scheduled for September 27 – October 01, 2019.

**To apply for the training** or learn more about each module please contact us on:

Applications: [centarzarazvojiradost@gmail.com](mailto:centarzarazvojiradost@gmail.com)

Phone: +381 63 241 499

**MODULES 1 - 4**

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| **I module (Basic training part 1)- Out of mind into the body** |
| **Date: May 4 – May 9, 2019** |
| The first two basic modules of our training (Out of Mind into The Body 1-2) are designed to dive deep into your own inner world, to complete or resolve whatever you carry from your past that inhibits you to live your full potential as well as to learn some basic skills on how to support a breath session.  In this part of our training our aim is to create a good foundation towards experiencing oneself and to bring your energy from your minds to the bodies. We will create a safe space where you can experience what it is to be in your body in a relaxed and natural way. In order to create this space within you we will work in a very gentle way to discharge the tension from your system. We will be working with specific tension releasing techniques on each part of your bodies which are related to different segments that hold the tension. As we start to release tension that we carry in our system, we will start to feel more connected with ourselves and have a chance to experience full opening in our body & mind system. Once we release the tension from our body and feel more connected and open, we can have a taste of who we really are. We can understand more what our needs are and what stops us from being in our total life energy.  In this module we will learn:   * Body armouring by body segments (Releasing 7 belts of tension in breath sessions: eyes and forehead, throat, shoulders & arms) * To practice active meditations for wellbeing and deeper integration * Transformative Breath Sessions * Basic Bioenergetics exercises to support the body for preparation for a breath session * Conscious movement and inquiry work * The map of the 7 belts * The trauma model |

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| **II module (Basic training part 2)- Out of mind into the body** |
| **Date: September 27 – October 1, 2019** |
| Basic training part 2 is a continuation of Basic training 1 with more integration, opening and self-growth. In this part of our training we will work on completion of releasing 7 belts of tension for a full opening of the body as well as teaching you more tools and skills to support yourself in your lives.  In this module we will learn:   * Completion of Releasing 7 belts of tension in breath sessions: (chest, diaphragm, abdomen, pelvis) * To practice active meditations for wellbeing and deeper integration * Learning to ground, center and support ourselves for more presence in sessions * Basic Bioenergetics exercises to support the body for preparation of a breath session * Conscious movement and inquiry work |

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| **III module (Advance training part 1) - Trauma Resolution & Meditation** |
| **Date: To be confirmed** |
| In this advanced module we continue to work in further opening, relaxation and integration of our bodies. We will also extend our knowledge to learn how to read the subtle messages of our bodies and the basic principles of Autonomic Nervous System (ANS). Once we learn and understand the basic principles of our nervous system and how it works, we will have more skills to support ourselves and others to create more harmony and coherence in their body and mind system. In this advance module you’ll also learn how to give four different breath sessions, set of bioenergetic exercises and learn how to facilitate some active meditations to start sharing with others.  In this module we will learn:   * Basic principles of ANS and survival energies * How to distinguish incomplete survival energies fight (flight and freeze) and how to support the completion of them in the sessions * Different ways of touch and the effects of it on client’s nervous system * Advance set of Bioenergetic exercises to offer * Skills how to facilitate active meditations |

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| **IV module (Advance training part 2) Specific skills – Character Analyses** |
| **Date: To be confirmed** |
| In this module we will look deep into the Wilhelm Reich’s Character Analysis (Developmental Stage Disruptions) and how they represent itself in each person.  In this module we will learn:   * Basic principles of 5 developmental stages (belief system, behavior patterns and muscular holdings in the body) * How to acknowledge a body structure in the sessions * Body structure and SE &Trauma Healing principles * How to work in breath sessions with each body structure * Centering, grounding and support muscles for each structure |

**LINKS:**

***CENTAR ZA RAZVOJ I RADOST***

Website: [www.centarzarazvojiradost.rs](http://www.centarzarazvojiradost.rs); www.homeplace.rs

FB page: @centarzarazvojiradost; @homeplace

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