

# BREATH SCHOOL

Our Breath Collective Teacher Training

## COURSE CURRICULUM

### MODULE 1

#### Welcome

- Introduction from Luke & Reis.....(12:52)
- Source-based Principles.....(10:56)
- Conscious Feedback Loop.....(9:43)
- Functional vs. Therapeutic Breathwork.....(5:49)
- Brief History of Breathwork.....(handout)
- Practice - Personal Breath Exploration.....(20:01)

### MODULE 2 & 3

#### Physiology & Anatomy

- Practice.....(16:47)
- Respiration vs. Breathing.....(5:20)
- Gas Exchange / Cellular Respiration.....(11:27)
- Carbon Dioxide.....(25:25)
- Chemoreceptors.....(5:01)
- Oxygen + Nitric Oxide.....(9:37)
- Nasal vs. Mouth Breathing.....(14:31)
- Quiz #1
- Practice.....(7:44)
- Breathing Anatomy.....(10:43)
- Diaphragm.....(18:24)
- Ribs.....(17:45)
- Other Respiratory Muscles.....(17:27)
- Quiz #2

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## MODULE 4 & 5

### Nervous System

- Practice.....(13:11)
- Intro to the Nervous System.....(12:31)
- Autonomic Nervous System.....(12:27)
- Neural Origins of Breathing Pt 1.....(5:38)
- Neural Origins of Breathing Pt 2.....(7:17)
- The Brain.....(4:31)
- Quiz #3
- Practice.....(14:46)
- The Social Nervous System.....(18:59)
- Zones of Breath + Polyvagal Theory.....(2:11)
- Trauma & Titration.....(10:02)
- Elements of Breath.....(5:56)
- Under Threat.....(32:23)
- Quiz #4

## MODULE 6

### Performance

- What is Performance?.....(4:38)
- Dimensions of Functional Breathing.....(4:56)
- Aerobic vs. Anaerobic.....(8:50)
- Gears of Breathing.....(14:05)
- Chemoreceptors.....(5:01)
- CO2 Revisited.....(6:55)
- Quiz #5

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## MODULE 7

### Mechanics of Breathing

- Practice.....(15:52)
- What is Mechanics.....(3:29)
- Breathing Directions.....(37:51)
- Breath Wave & Posture.....(9:10)
- Self Openers.....(28:11)
- Breathing IQ.....(5:22)
- Elements of Breath Part 2.....(9:53)
- Additional Discussion.....(7:07)
- Quiz #6

## MODULE 8

### The Art of Facilitation

- Being of Service.....(5:33)
- Tenants of Teaching.....(30:36)
- Additional Discussion - Timing & Tempo.....(7:38)

## MODULE 9

### In-Person Retreat

- Safety & Contraindications
- Intake & Assessment
- The Art of Assisting
- Hands-On Adjustments & Assisting
- Sequencing and Leading Conscious Connected Breathwork
- Designing Your Own Breath Pattern
- Attunement and Space Holding
- Dyad & Triad Group Work

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## MODULE 10

### From Vision to Reality

- 1:1 Coaching Calls with Trainers
- Case Studies - 1:1 & Groups
- Defining Your Vision, Mission, Purpose
- Building Blocks of Embodiment
- The Business of Breathwork
- Marketing Yourself

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## LIVE CALLS

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- **Week #1: Orientation**
  - Meet Trainers
  - Group Introductions & Intention Setting
  - Review Guidelines, Schedule, and Systems
  - Q&A
- **Week #2: Physiology Pt. 1**
  - Group Breathe
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
  - Homework
- **Week #3: Physiology Pt. 2**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #4: Office Hours**

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- **Week #5: Nervous System Pt 1**
  - Group Breathe
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
  - Homework
- **Week #6: Nervous System Pt. 2**
  - Group Breathe
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
  - Homework
- **Week #7: Performance & Recovery**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #8: Office Hours**
- **Week #9 Mechanics of Breath**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #10: The Art of Facilitation**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A

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- **Week #11: Safety & Holding Space**
  - Group Breathe
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
  - Homework
- **Week #12: In-Person Retreat**
- **Week #13: Offic Hours**
- **Week #14: Application of Principles**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #15: Vision, Mission Purpose + Embodiment**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #16: Business & Marketing**
  - Group Breathe
  - Homework Review
  - Content Review + Questions
  - Group Breakout Practice Teaching & Discussions
  - Q&A
- **Week #17: Closing Ceremony**
  - Group Breathe
  - Revisiting Intentions & Your Journey
  - Next Steps
  - Q&A

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