Breathers Group Facilitation Training Prospectus 100hrs

Take your Breathwork practice to the next level

Advance from a Breathwork practitioner to a confident, ethical group facilitator. This 4-month professional training weaves together embodied practice, trauma-informed awareness, and mindfulness-based facilitation skills – preparing you to guide groups with confidence, compassion and integrity, including in clinical settings.

Graduates receive a **Certificate in Group Breathwork Facilitation**, aligned with ABA standards – ready to expand both your inner depth and your professional scope.

Training team

- **Gilad Shavit** – Mindfulness and Breathwork Trainer (Endorsed by the ABA)
- **Cindy Aulby** – Senior Breathwork Trainer and Mentor (Endorsed by the ABA)
- **Dr Sabrina Maeder** – Principal Clinical Psychologist, Rivendell
- **Paddy Murray** – Group Facilitation Trainer

Vision and spirit of the training

Breathwork has demonstrated profound transformative potential in both personal and clinical contexts, and we have witnessed this again and again in our Breathwork program in a trauma recovery unit over the last 5 years. Mental health professionals and Breathwork practitioners are increasingly drawn to the capacity of this modality to build connection, resilience, and embodied awareness.

This training offers a **structured, supportive, and ethically grounded pathway** for practitioners to step confidently into group facilitation. It nurtures professional skills while guiding participants to hold **safe, trauma-informed, and compassionate spaces** during Breathwork sessions in group settings.

The Training becomes a medium for **self-awareness, relational depth, and community building**, integrating contemporary understandings of trauma, embodiment, and relational

ethics. Participants will leave equipped to facilitate groups with integrity, confidence, and care, responding to the rising need for skilled Breathwork facilitation in professional and clinical settings.

Program overview

- **Format:** Combination of Zoom theory sessions + in-person 3-day retreats + clinical practicum
- **Duration:** January–May 2026
- **Commitment:** 85–90 hours
- **Venues:** Port Sorell (Lutruwita / Tasmania) | Rivendell Hospital (Burnie) | Zoom
- **Group size:** Limited to 9 participants for close mentorship and supervision

Detailed program structure

Component	Hours	Description / Mini-syllabus
5 Zoom Sessions	10 hrs	**Theory, group dynamics, ethics, and facilitation principles**. Each 2-hour session includes: **Session 1:** Getting to know the training and group, and foundations of group facilitation – role of presence, embodiment, and attunement **Session 2:** Trauma-informed practices – ethical frameworks, boundaries, and creating safety (Dr Sabrina Maeder) **Session 3:** Group dynamics – understanding group processes, conflict, and cohesion (Paddy Murry) **Session 4:** Reflective practice – feedback methods, supervision, and self-awareness

		Session 5: Integration – connecting practice to theory. Supervision
2 in-person 3-day retreats (Port Sorell)	60 hrs	**Experiential learning and peer facilitation practice.** Each weekend includes: - Guided Breathwork sessions led by participants under supervision - Mindfulness and embodiment exercises - Role-play scenarios - Peer feedback and reflective debriefs - Integration of theory into practice through practical exercises
2–4 days Rivendell practicum + 1:1 supervision	13–25 hrs	**Breathwork in clinical environment (supervised setting).** Participants will: - Lead Breathwork sessions and sharing circles in a trauma recovery unit. - Receive direct supervision and feedback from clinical and facilitation trainers - Apply trauma-informed principles and ethical frameworks in in-patient and day programs in a mental health ward
Ongoing reflections & home tasks	6 hrs	Journaling, assigned readings, and reflective exercises to consolidate learning and track skill development

---

Notes:

- Zoom sessions are arranged as follows: **2 before the first retreat, 2 in between the retreat, and 1 after the final retreat**, allowing participants to **absorb theory while**

practicing, and to integrate learning gradually

- In-person retreats are immersive and **hands-on**, giving participants confidence before entering the clinical practicum

- Practicum is flexible (2–4 days) to accommodate clinical schedules and ensure **practical experience in a supportive setting**

Dates and structure

- **Zoom session 1:** Wednesday 14/1/26, 6:30–8:30 pm
- **Zoom session 2:** Wednesday 28/1/26, 6:30–8:30 pm
- **Retreat training 1:** Friday 6/2/26 7 am – Sunday 8/2/26 6 pm
- **Zoom session 3:** Wednesday 18/2/26, 6:30–8:30 pm
- **Zoom session 4:** Wednesday 11/3/26, 6:30–8:30 pm
- **Retreat training 2:** Friday 20/3/26 7 am – Sunday 22/3/26 6 pm
- **Zoom session 5:** Wednesday 25/3/26, 6:30–8:30 pm
- **Rivendell practicum:** 1–2 weeks between 19/2/26–30/4/26

- **Community practicum** 1-3 sessions to be organised and run by participants between 8/2/26- 30/4/26. Group supervision will be offered between Zoom sessions 2 and 5

Participant requirements

- Minimum **2 years of personal Breathwork practice**
- Completion of **ABA-recognised practitioner training**
- Commitment to **ethical, trauma-informed practice**
- Willingness to engage in **professional reflection and supervision**

Applicants without formal endorsed ABA qualifications may be considered based on equivalent training and readiness, following an interview.

Emotional readiness and professional focus

This training is designed for practitioners ready to **deepen facilitation skills**, not for personal therapeutic processing. While emotional awareness is integral to Breathwork, the focus is on **holding safe and ethical group spaces**, rather than processing personal trauma.

Participants are expected to have sufficient personal stability and support systems. If personal content arises during the training, participants are expected to **set aside time for personal therapeutic processes outside the training hours.** Private therapeutic support is encouraged for deeper personal material arising during the training.

Investment

- **Tuition:** $1,800 Early Bird (until 26 Nov 2025) | $2,300 Standard
- Includes training materials, supervision, and light breakfasts on training retreats
- Payment plans available
- Travel and accommodation not included – camping option available on-site

---

Application Process

1. Submit your **Application Form** via email: contactus@breathers.space
   Breathers Group Breathwork & Mindfulness Facilitation Training – Application F…
2. Attend a short interview with **Gilad or Cindy** (if you have not completed the practitioner training with Breathers)
3. Upon acceptance, complete the **Registration & Agreement Form** and pay your deposit to secure your spot

---

Certification

A **Group Breathwork Facilitation Certificate** will be awarded only to participants who attend all sessions and demonstrate competency aligned with ABA group facilitation standards.

Living document notice

As this is the first full cycle of the Breathers Group Facilitation Training, some details – dates, venues, or guest facilitators – may evolve to best serve the training. All updates will be communicated clearly and respectfully.