

BREATHWORK FACILITATOR TRAINING

COURSE OUTLINE 2025

WWW.MAKESOMEBREATHINGSPACE.COM

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BREATHWORK FACILITATOR TRAINING 2025

WELCOME TO BREATHING SPACE

Find out about our core values, what drives us, our mission to guide you and how we help transform lives through breathwork.

BREATHING SPACE

VICKY MIDDLETON

Therapeutic Breathwork Teacher



WELCOME TO BREATHING SPACE!

Training to become a Breathwork facilitator through Breathing Space has changed my life.

It led me to my life-long passion and a commitment to changing other peoples lives though the breath. And It led me to walking away from my career of 12 years after being guided by the most powerful trust and the deepest knowing that this is my purpose.

And it all started with a curious call to become a breathwork facilitator.!

1000 hours of training later, alongside my own breath journey and holding space for hundreds of participants experiencing the power of breathwork I am truly honoured to offer Breathwork Facilitator Group Training..

It is a course that changes you, changes other people, and the most powerful course I have ever done!

,If you too feel a call to bring Breathwork to others and to embark on a transformative journey it would be an absolute honor and privilege to be on this path with you.

WITH MUCH LOVE,

Vicky Middleton

OUR FOUNDATIONS



Connection

We believe that true healing happens in the space of connection—connecting with oneself, with others, and with the world around us. Our community is built on this foundation, creating a safe space where everyone is welcomed and understood.

Empowerment

We do not just teach breathwork; we empower individuals to discover their inner strength and wisdom. Through our practices, we aim to equip each person with the tools they need for personal growth and self-healing.

Accessibility

We believe that everyone deserves access to the tools for healing and growth, regardless of their financial situation. That's why we strive to make our programs as accessible as possible, ensuring that cost is never a barrier to anyone seeking to explore the transformative power of breathwork.

Exploration

We believe in the importance of curiosity and exploration on the journey of self-discovery. Our programs are designed not just to teach, but to encourage a deep, personal exploration of the self, the breath, and the infinite possibilities they hold.



BREATHING SPACE MANIFESTO

-01-

INNATE WISDOM

Inside you lies your own wise teacher and powerful healer. Through breathwork, we help you tap in to that innate knowledge.

-02-

TRANSFORMATION

True transformation is guided by your own innate wisdom. With our breathwork, you'll discover that even the subtlest shifts, chosen by you and for you, can open doors to significant, empowering change.

-03-

SIMPLICITY

Breathwork's power lies in its simplicity. We focus on straightforward techniques that bring profound benefits to mind, body, and spirit.

-04-

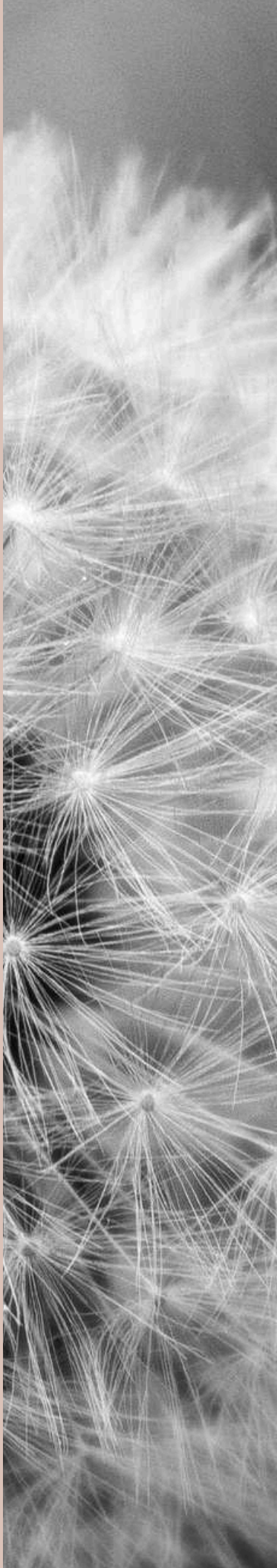
INCLUSIVE GROWTH

Our doors are open to everyone, celebrating the diversity of journeys and stories. Breathwork with us is a journey of growth that honors every individual's path, ensuring no one walks alone

-05-

COMMUNITY & CONNECTION

Every breath creates a bond, uniting us in shared experience and support. Here, connections deepen, providing strength and support on every step of the journey.





MORE THAN JUST A STYLE OF BREATHWORK

At Breathing Space, while we specialize in Conscious Connected Breathwork, our primary focus lies in the art and science of facilitation.

We believe that the essence of breathwork extends beyond any particular technique or style. Instead, our training program focuses on the principles of holding space, guiding individuals through their inner journey, and fostering a safe and supportive environment for exploration.

Our approach equips facilitators with a versatile skill set, enabling them to adapt to the unique needs and preferences of their clients. Whether it's breathwork, mindfulness practices, or other modalities, our facilitators are equipped to teach and hold space for a wide range of topics, empowering individuals to explore the depths of their being with confidence and compassion.



BREATHWORK FACILITATOR TRAINING 2025

COURSE OVERVIEW

Explore the structure and content of our Breathwork Facilitator Training Program, detailing the comprehensive units and methodologies integral to professional facilitation.

BREATHING SPACE

GENERAL LEARNING OUTCOMES

- Demonstrate competence in conducting individualized breathwork sessions, applying sensitivity, safety, and insight.
- Facilitate group breathwork workshops in both in person and online sessions confidently, fostering inclusive and empowering environments.
- Understand the anatomy and physiology relevant to breathwork, including recognizing contraindications and making appropriate adaptations.
- Draw on personal knowledge and wisdom to lead sessions with compassion and understanding.
- Undergo a personal journey of self-discovery and development, enhancing self-understanding and facilitation depth.
- Integrate ethical principles in all aspects of breathwork facilitation, ensuring practices are conducted with respect, confidentiality, and professional integrity.
- Gain practical experience by leading sessions early in the program, progressively handling more complex facilitation scenarios with support.
- Engage in regular, structured personal practice to refine facilitation skills through consistent application and reflection.

COURSE HIGHLIGHTS

400 HOURS OVER 10 MONTHS

Our program combines a comprehensive 400-hour curriculum spread over 10 months, combining academic study with practical application leading to confidence and expertise in Breathwork facilitation.

ONLINE LEARNING FUSION

Experience the flexibility of all-online training, blending self-directed study with engaging live Zoom sessions for a comprehensive learning journey.

COMPREHENSIVE CURRICULUM

Crafted by experienced educators, our curriculum integrates theoretical knowledge with practical skills, preparing facilitators for diverse professional settings through a holistic approach to breathwork.

A BLEND OF SCIENCE & ART

Unique curriculum that marries the scientific understanding of breathwork with the art of intuitive facilitation, creating a balanced and effective approach.

TRAUMA-INFORMED TRAINING

Our program emphasizes trauma-informed practices, ensuring you're prepared to safely and compassionately guide clients through their breathwork journeys.

GPBA CERTIFICATION

We are proud to say that we are a Global Professional Breathwork Alliance certified school, meaning our program meets the highest standards in breathwork education and practice.

CAREER ADVANCEMENT

We provide a clear and structured path for career and professional development, supporting your journey from novice to advanced practitioner.



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‘I HAVE DONE SO MUCH VARIOUS TRAINING OVER THE YEARS AND NEVER BEEN SUPPORTED OR GUIDED IN THIS WAY BEFORE, WHAT THEYOFFER TRAINEES IS EXCEPTIONAL AND SUCH AN INSPIRATION TO ME AS A FACILITATOR’

-

Maya

THE SCIENCE OF BREATHWORK FACILITATION

Understanding the science of facilitation equips you with the essential knowledge and skills to guide breathwork sessions safely and effectively.

Anatomy & Physiology of Breathwork

Understanding the intricate workings of the human body is foundational to effective breathwork facilitation. Our curriculum includes a robust module on anatomy and physiology, tailored specifically to the practice of breathwork. This module offers deep insights into how breathwork influences the body on a cellular level, equipping facilitators with the scientific knowledge to enhance their practice and articulate the benefits of breathwork with confidence and clarity.



Contraindications & Adaptations

Recognizing that breathwork needs to be adapted to meet diverse needs is a cornerstone of our training. We provide detailed guidance on identifying contraindications to breathwork practice, ensuring facilitators can make informed decisions about when and how to modify practices creating an inclusive and accessible experience for every participant.

Trauma Informed

Our program recognizes the critical importance of understanding cognitive load and trauma's profound impact on the body and mind. To this end, we've developed comprehensive trauma-informed modules that not only equip our facilitators with the knowledge and skills to navigate these sensitive areas but also include a dedicated module specifically focused on trauma. This approach ensures that facilitators are prepared to create a safe and supportive environment for all participants, recognizing and addressing the nuances of trauma with compassion and expertise.

THE ART OF BREATHWORK FACILITATION

Mastering the art of breathwork facilitation allows you to create deeply resonant and transformative experiences, blending intuition with technique to meet each participant's unique journey.

Intuitive Guidance

Cultivating the skill to dynamically adjust facilitation strategies in response to the group's immediate needs, ensuring each session is responsive and impactful. This involves tuning into subtle cues and energies within the group, allowing for a fluid and empathetic approach to guidance. We also embrace and integrate your unique style allowing you to impart your personal touch and connect more deeply with participants.

Effective Communication

Enhancing clear and compassionate communication skills to guide and frame sessions, ensuring participants understand the process, feel safe, and are fully engaged in their breathwork journey.

Creating Safe & Empowering Spaces

Strategies for establishing an environment that nurtures trust and empowerment, allowing participants to explore their breathwork journey in a supportive setting. This includes both the physical setup and the emotional atmosphere, ensuring the space is welcoming, respects individual boundaries, and promotes a sense of growth and safety.

Adaptive Design

Developing the ability to thoughtfully plan breathwork sessions, including the selection of music, opening exercises, and other elements that enhance the overall experience.

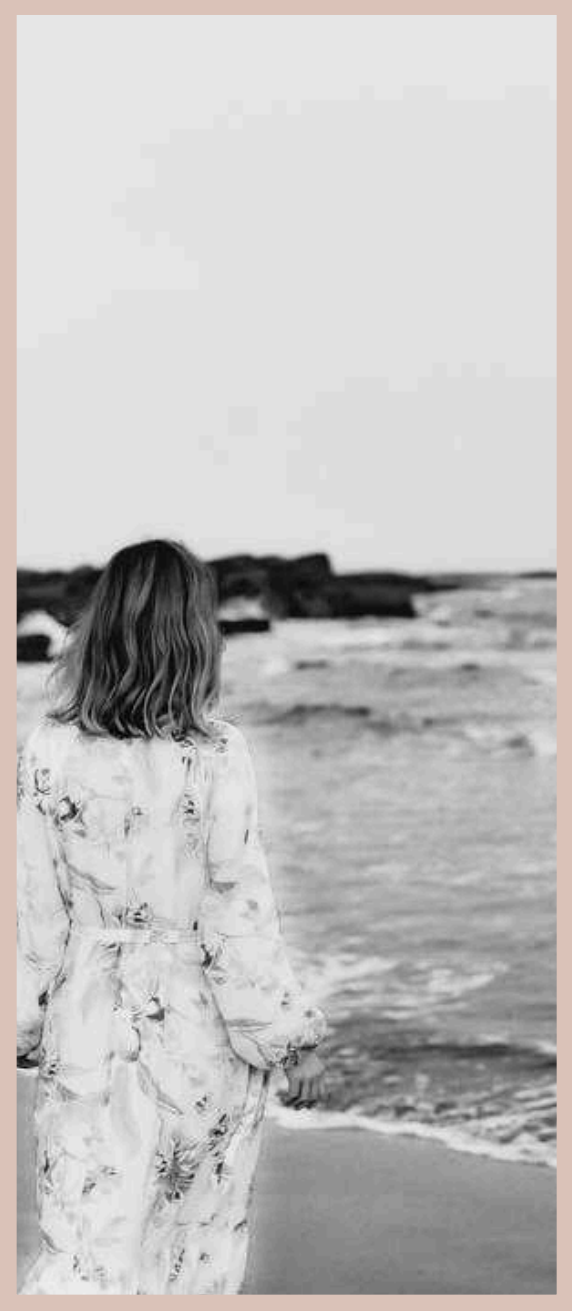


PERSONAL DEVELOPMENT & SELF-PRACTICE

Cultivating a deeper understanding of oneself through dedicated practice and learning, enhancing the ability to guide others with authenticity and empathy.

Personal Breathwork Journey

Embark on a transformative 12-week personal breathwork journey, designed to deepen your understanding of your own mind and emotions. This journey is a foundational step in enabling you to hold space more effectively for others. By developing a simple, daily breathwork practice, you cultivate the resilience, empathy, and presence essential for guiding participants through their transformative experiences.



Self Directed Study

Choose from a curated reading list of breathwork and related topics, allowing you to tailor your learning to your interests and deepen your knowledge base. This self-directed study complements your practical experience, broadening your understanding of breathwork's theoretical underpinnings and its diverse applications. Engaging with these resources encourages a well-rounded approach to your practice and facilitation skills.

Breathwork from Both Sides

To fully embrace the journey of a breathwork facilitator, it's crucial to experience breathwork both as a guide and a participant. Regularly holding one-to-one sessions, while also receiving personal sessions or attending workshops, ensures that you continue to grow in your practice. This dual perspective enriches your understanding of the breathwork process, enhancing your ability to connect with and support your participants' journeys.

PROFESSIONAL DEVELOPMENT & CAREER PROGRESSION

Building a fulfilling career in breathwork facilitation through advanced training, immersive learning, and real-world practice, opening doors to leadership and impact in the breathwork community.

Advanced Skills Training

Our Breathing Space Facilitator Community is invited to participate in two annual Advanced Skills Trainings, held in person to enrich your facilitation skills, network with peers, and engage in practical sessions with the public. These retreats are a blend of learning, fun, and community building, designed to be accessible and rewarding. Although not a graduation requirement, they are a pivotal part of your professional journey, offering an unparalleled opportunity for growth within our exclusive community.

Pathway to Progression

For those looking to elevate their journey from facilitation to teaching, our Breathing Space Breathwork Teacher Training offers a second year of in-depth study. This program is crafted for graduates aiming to inspire new facilitators and expand their impact. As a post-graduate pathway, it supports your evolution into a breathwork leader, equipping you with advanced skills, experience, and the community needed to make a significant difference.



Practical Experience

At the core of our program is the belief that real-world practice is the best teacher. Our unique "Online Breathing Spaces" provide weekly opportunities for trainees to attend and eventually lead free online breathwork sessions that reach a global audience. This initiative allows for direct facilitation experience, offering various sessions to accommodate your schedule and accelerate your learning curve in a supportive, real-world environment.

UNIT OVERVIEW

Unit One: Breathwork Essentials

This unit equips you with the essential skills needed to conduct breathwork sessions securely, focusing on managing abreactions with care and professionalism. Learning combines interactive online materials and engaging live Zoom seminars, providing a comprehensive foundation for new facilitators.



Unit Two: Bodies of Breathwork

Dive deeper into the multifaceted nature of breathwork by understanding the anatomy and physiology of breathing, its impact on emotional and spiritual well-being, and its role in trauma healing. This unit explores the intricate balance between the physical and metaphysical elements of breathwork, offering a holistic view of its transformative power.



Unit Three: Advanced Facilitation

Refine your facilitation skills with advanced techniques including voicework, physical touch strategies, angel (breathwork facilitator support) training, energy transmission, and essential business skills. This unit is designed to distinguish you as a standout breathwork facilitator.



Unit Four: Home Study & Graduation Project

Deepen your knowledge by selecting three books from our recommended list, enhancing your understanding and application of breathwork. Culminate your learning journey with a graduation project that showcases your personal growth and professional readiness.



Unit Five: Practical Breathwork Sessions

Master the art of facilitation through direct practice. This includes leading and participating in both individual and group sessions, with a focus on self-reflection and constructive feedback to hone your skills.



Unit Six: Personal Journey & Daily Practice

Underscore the significance of personal growth and daily practice in your development as a facilitator. While not assessed, this unit encourages a commitment to self-exploration and consistency in your breathwork practice.



COURSE STRUCTURE

LIVE INTERACTIVE SEMINARS

Bi-weekly Zoom seminars form the core of our interactive learning experience, offering a dynamic environment for real-time engagement with instructors and peers. These sessions are designed to deepen your understanding of breathwork principles and techniques, fostering a collaborative learning atmosphere.

ONLINE, SELF PACED LEARNING PLATFORM

Our dedicated Online Teaching Platform provides comprehensive course materials, accessible anytime to complement your learning journey. This platform is your go-to resource for theoretical knowledge, offering a flexible way to study the foundational concepts of breathwork facilitation at your own pace.

PRACTICAL BREATHWORK SESSIONS

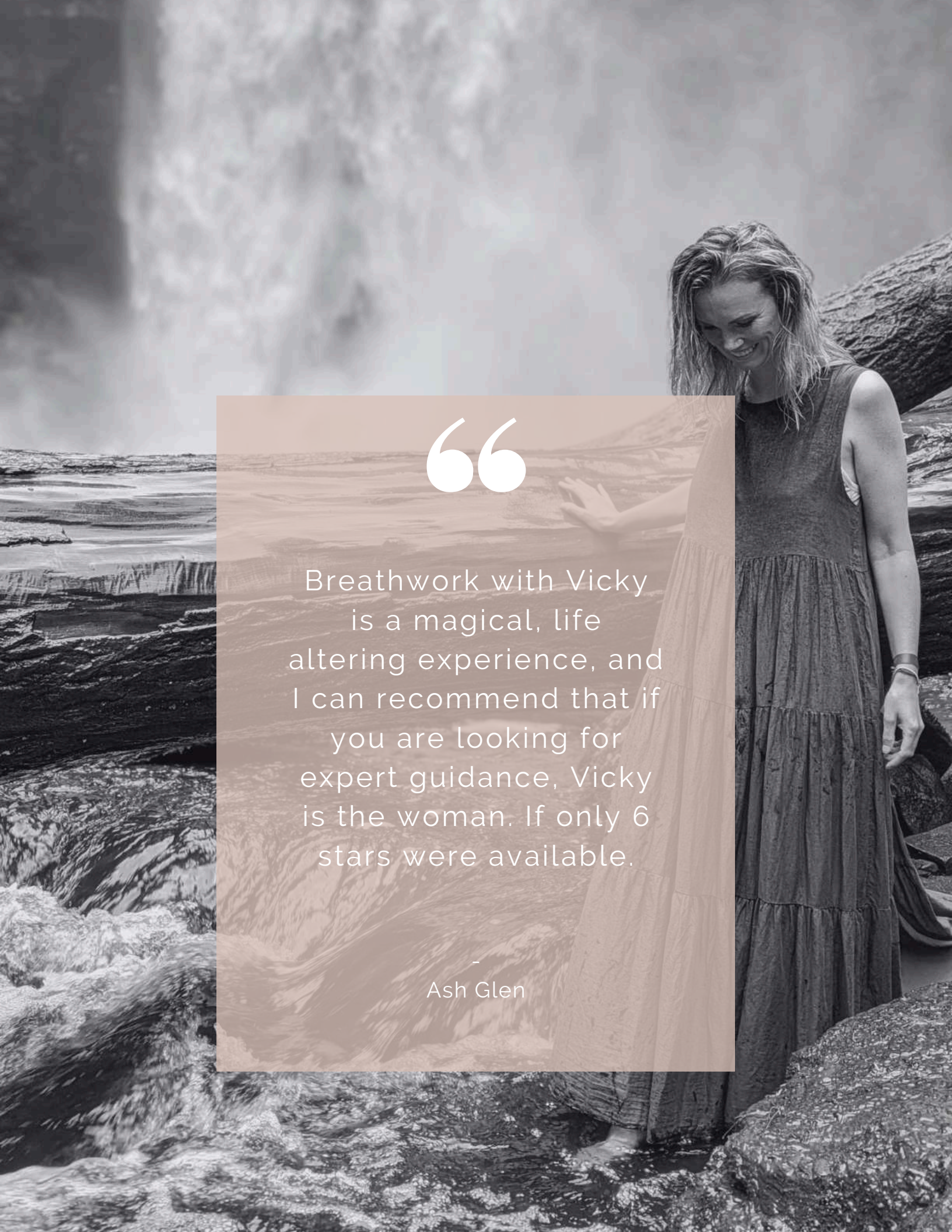
Regular live breathwork sessions are an integral part of the curriculum, offering hands-on practice to apply what you've learned in real-world settings. These sessions serve as both a learning tool and a personal growth opportunity, allowing you to experience the power of breathwork firsthand.

SELF-DIRECTED HOME STUDY AND ASSIGNMENTS

The program includes self-paced home study components, encouraging you to reinforce your learning through independent review and reflection. This aspect of the course allows for deeper assimilation of the material, ensuring you build a solid foundation of knowledge and skills.

ATTENDANCE AND PARTICIPATION

To maximize your learning experience and meet graduation requirements, attending at least 80% of all seminars and Online Breathing Spaces in real-time is crucial. This commitment ensures you gain the full benefits of the program, including the practical, hands-on experience essential for becoming a skilled breathwork facilitator.



Breathwork with Vicky is a magical, life altering experience, and I can recommend that if you are looking for expert guidance, Vicky is the woman. If only 6 stars were available.

-
Ash Glen

GRADUATION REQUIREMENTS

1

Course Fees

All fees must be paid in full.

2

Attendance

Trainees must attend at least 80% of the live Seminars throughout the course.

3

Online Breathing Spaces

Trainees must attend at least one Online Breathwork per week.

4

Book Reports

Three books related to breathwork must be read and book reports completed for each.

5

Graduation Project

A self-directed graduation project must be completed related to breathwork.

6

Practice Breathwork Sessions

A series of one-to-one breathworks must be facilitated and received along side self-evaluation and participant feedback.

7

Group Facilitation

A series of group breathworks must be facilitated including at least one Online Breathing Space.

8

Personal Practice

Daily breathwork practice and longer weekly Conscious Breathwork practice

9

Documentation of Journey

Exploring your personal journey through five blog pieces about your experiences

10

Masterclass Attendance

Attendance at our monthly Facilitator Circle and Masterclasses

FEE SCHEDULE

PAYMENT UP FRONT (10 % DISCOUNT)	TOTAL COST	PAYMENT PLAN (10 MONTHS)
£2700/ $3285 USD	£3000/ $3650 USD	£300/ $365 USD

A NOTE ABOUT BURSARY PLACES

We believe in creating a space that's accessible to everyone. If cost is a barrier, we offer flexible payment options, including Bursary Places that come with a 20% discount. No one is turned away due to financial constraints.

We're also mindful of the added barriers that marginalized or vulnerable communities often face. Additional discounts are available to help ensure that everyone has the opportunity to join us. We're all in this journey together, and we're committed to making it as inclusive as possible.

APPLICATION PROCESS

- 01 -

LEARN ABOUT OUT PROGRAM

Read through the detailed Course Outline or watch our Open Information Session to understand what our training entails.

- 02 -

CONNECT WITH US

Schedule a no-pressure Discovery Call to discuss your aspirations and how our program aligns with your goals.

- 03 -

SECURE YOUR SPOT

Confirm your commitment to becoming a Breathwork Facilitator by paying a deposit.

- 04 -

WELCOME ABOARD!

Once the deposit has been paid, you will be enrolled and you're on your way to becoming a certified Breathwork Facilitator with us.

BREATHING SPACE FACILITATOR CIRCLE

Step into the heart of a community that's as passionate about Breathwork as you are. From the moment you enroll in our facilitator training program, you become a vital part of the Breathing Space Facilitator Circle, a warm and welcoming family of teachers, mentors, graduates, apprentices, and fellow learners.

BENEFITS:

- Regular masterclasses for continued connection and learning.
- Orientation sessions for welcoming new members.
- Round table discussions to have a deeper exploration of elements of breathwork.
- Graduation ceremonies to celebrate achievements
- An extensive resource library of learning materials and videos.



ALTERNATIVE PATHWAYS

- 01 -

ONE-TO-ONE WITH BENEDICT

Train directly with Benedict Beaumont, founder of Breathing Space and a seasoned breathwork expert. This one-on-one format provides tailored guidance, focusing on your individual growth as a facilitator.

LEARN MORE

- 02 -

APPRENTICESHIP

Our 400-hour Apprenticeship Program offers personalized, one-on-one sessions with a dedicated mentor. You set your pace, starting and finishing on your terms, ensuring a tailored approach to learning Breathwork facilitation.

LEARN MORE

- 03 -

HYBRID TRAINING

Our Hybrid Training combines the interactive nature of group learning with the personalized attention of our Apprenticeship program, including an in-person component. It's designed for those who value both community engagement and individual mentorship.

LEARN MORE



SIGN UP FOR A NO-PRESSURE ALIGNMENT CALL TODAY!

We truly believe that whichever training you choose should resonate with you deeply,
We invite you to a relaxed, no-pressure alignment call. It's a space for us to connect, understand your goals, and ensure our training connects with your journey.

BOOK A CALL

TESTIMONIALS



"
This space offers people a whole new way of learning, of growing, of being. Humans are held with such compassion, such dignity, and such accountability, that they are able to grow and expand so fully, shedding layers and barriers, clearing limiting beliefs, breaking cycles and patterns, and finally returning to their authentic, unapologetic, vibrant, truest selves.

-
Lottie Evans



"
As clichéd as it might sound, I truly believe that the Breathing Space facilitator training has changed my life in so many ways and on so many levels. The dedication, love and support of every single person without exception has been remarkable beyond words and I am grateful for every moment, every share and every breath.

-
Darryl Neal



"

I am so grateful for this course and the way it was designed to challenge us and set us up for success as breathwork facilitators. I highly recommend this training for anyone interested in deepening their own breathwork practice or sharing this gift with others.

-
Charnae Sanders



BREATHWORK FACILITATOR TRAINING 2025

FAQS

Answers to common questions that we receive about Breathing Space's Breathwork Facilitation Course.

BREATHING SPACE

FAQS

01.

How do I know if Breathwork Facilitation is right for me?

Q- If you're feeling called toward supporting others and have a genuine interest in breathwork's transformative power, then yes, this path might be perfect for you. Many find their way to breathwork facilitation because they seek a meaningful way to contribute to others' well-being and personal growth.

02.

What if I'm pretty new to breathwork?

Q- Beginning your journey into breathwork with fresh eyes and an open heart is a wonderful place to start. Our curriculum is structured to introduce you gently to the principles and practices of breathwork, building your knowledge and experience step by step. Each module is designed to be accessible, regardless of your prior experience.

03.

Can I balance this training with my current responsibilities?

Q- Our program is crafted to offer flexibility, understanding that our students come from various walks of life, often juggling personal and professional responsibilities. The mix of self-directed study and scheduled live sessions allows you to progress at a pace that fits your life without the pressure of a rigid schedule.

04.

Will I receive support during the program?

Q- You will be surrounded by a community of like-minded individuals, including peers, mentors, and experienced instructors, all dedicated to supporting your journey. Our program emphasizes the importance of connection and support, offering regular check-ins, feedback sessions, and a welcoming community space.

FAQS

05.

What happens if I fall behind in my studies?

Q- We understand that life's challenges can sometimes disrupt your study plans. Our program offers the flexibility to adjust your pace as needed. Should you find yourself needing to catch up, we provide resources and support to help you get back on track, including access to recorded sessions

06.

What kind of career opportunities can this training open up?

Q- Upon completion, you'll be well-equipped to embark on a diverse range of career paths within the wellness industry. Our graduates find opportunities in private practice, wellness centers, retreats, and even corporate wellness programs. Additionally, our training provides the foundations for building your own unique offerings, from workshops to online courses, allowing you to craft a career that aligns with your passions.

07.

Are there practical opportunities to apply what I learn?

Q- Absolutely. Practical application is a cornerstone of our training. You'll have numerous opportunities to lead and participate in breathwork sessions, receiving constructive feedback from both peers and instructors. These experiences are invaluable for building your confidence and skill set, preparing you to facilitate sessions effectively in any setting.

08.

What if I'm not good at it?

Q- Doubts and fears are a natural part of embarking on a new journey. Our program is structured to support you through these challenges, offering a safe space to learn, practice, and grow. Remember, proficiency in facilitation comes with time, practice, and the willingness to learn from each experience. Your passion and commitment to the process are what will ultimately define your success and we are here to support you through it.

BOOK YOUR ALIGNMENT CALL TODAY!



Book an alignment call with me to ensure our training connects with your journey.

It's a no-pressure conversation aimed at helping you choose a course that truly resonates with your heart and aspirations.

THANK YOU FROM THE FOUNDER!

I want to thank you sincerely for taking a moment to explore our Breathwork Facilitator Course Outline. Your curiosity and openness to learning more about the incredible power of breathwork truly touches my heart. It's a journey that has profoundly transformed my own life and sharing this path with others is what drives me every day.

I wish you all the best as you continue to navigate your path, whether it leads you to join us at Breathing Space or guides you down a different road. Remember, every breath you take is a step towards a deeper understanding of yourself and the world around you.

Regardless of the direction you choose, I'm grateful for the connection we've made. It's my sincerest hope that you'll carry forward with breathwork in your journey.

Thank you again for considering us as a guide on your path. We hope to take some breaths with you soon.
May your journey be filled with profound discoveries and joy.

With my best wishes, Benedict Beaumont

