

THE INNERCAMP BREATHWORK METHOD

ONSITE PRACTITIONER + TEACHER TRAINING



TULUM, MEXICO



innercamp



APRIL 20, 2022 — APRIL 24, 2022

Learn how to teach the InnerCamp Breathwork Method and help people transform their lives!

This Method is the only contemporary and science-powered program that provides a multidimensional and holistic approach to the concept of Breathwork.

Our course is based on the main conscious connected breathwork techniques and is split in two levels.

- ✓ Level 1: onsite training
- ✓ Level 2: online training and follow-up

ACCREDITED BREATHWORK METHOD



Innecamp is a proud member of the International Breathwork Foundation



5 days
onsite training in Tulum

3 months
online follow-up of supervision & breathwork classes

65+
theory videos

InnerCamp is registered and accredited by the Complementary Medical Association.



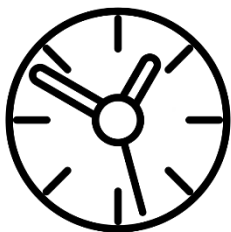


Level 1: onsite training focuses on healing your breathing pattern and learning the main breathwork techniques, learning how to guide one-on-one sessions, couple sessions and group sessions, bodywork, holistic coaching, techniques to hold the space and music composition. Upon successful completion of Level 1, students will be presented with the Breathwork Practitioner Certificate.

Level 2: online training and follow-up focuses on breath science, psychology, inner child work, trauma healing, how to organize breathwork workshops and retreats. In order to receive the Breathwork Teacher Certificate and be able to facilitate your own events and work with clients, you will need to successively complete both levels.



THE COURSE



SCHEDULE

Onsite training

April 20, 2022

4pm - 8pm

April 21, 2022

10am - 7pm

April 22, 2022

10am - 7pm

April 23, 2022

10am - 7pm

April 24, 2022

8am - 12pm

Online training

Follow-up and supervision

April 25, 2022 - July 25, 2022

Upon completion of our onsite training, there will be a 3-month online program and follow-up that includes Q&A calls with facilitators and lifetime access to educational content on our eLearning platform.

FACILITATOR



Alexis Alcalá

Alexis is the founder of the InnerCamp Breathwork Method. He is a holistic coach and facilitator of transformation processes and is also certified as a facilitator of tantra, social meditations and Reiki. He has worked in people management and as a mentor in Europe, Asia and Africa and has experience helping to promote people and companies of different sizes. He works intuitively and uses his experience in transformation processes to create a safe space for healing and transformation. Alexis has been facilitating breathwork for over six years in Europe and Asia, has run more than 100 retreats and has participated in hundreds of onsite and online events. He has been certified in three different breathwork schools.

April 20, 2022 - April 24, 2022

Practitioner Certificate

40 hours

LEVEL 1
onsite

Breathwork basic (8 hours)

How to guide one-on-one sessions (8 hours)

How to guide group sessions (8 hours)

Bodywork (6 hours)

How to hold the space (5 hours)

How to facilitate online and onsite events (5 hours)

LEVEL 2
online

April 25, 2022 - July 25, 2022

Teacher Certificate
240 hours

After the onsite training in Tulum, you will get:

- Access to the eLearning platform where we have 65+ videos about breathwork, exercises, articles and tools that you can use with your clients
- Access forever to our monthly Q&A online sessions
- Access for 3 months to all our online Breathwork sessions
- Access to the Facebook group where you can ask all your questions to the InnerCamp teachers and other students

Science of breathwork (20 hours)

Your breath journey (50 hours)

Breathwork for self-healing (120 hours)

Bodywork (10 hours)

Customise your own breathwork sessions (10 hours)

How to facilitate online and onsite events (30 hours)

Harmony Glamping Tulum

Nested between the white beaches of Tulum and the lush Mayan jungle, this boutique hotel is rated as a 'centre of excellence' and 'green leader' in eco tourism. Built with love, using eco-friendly materials and technology, this beautiful venue is hired for exclusive use of InnerCamp. Depending on the weather guests will enjoy both indoor and outdoor spaces.

THE VENUE



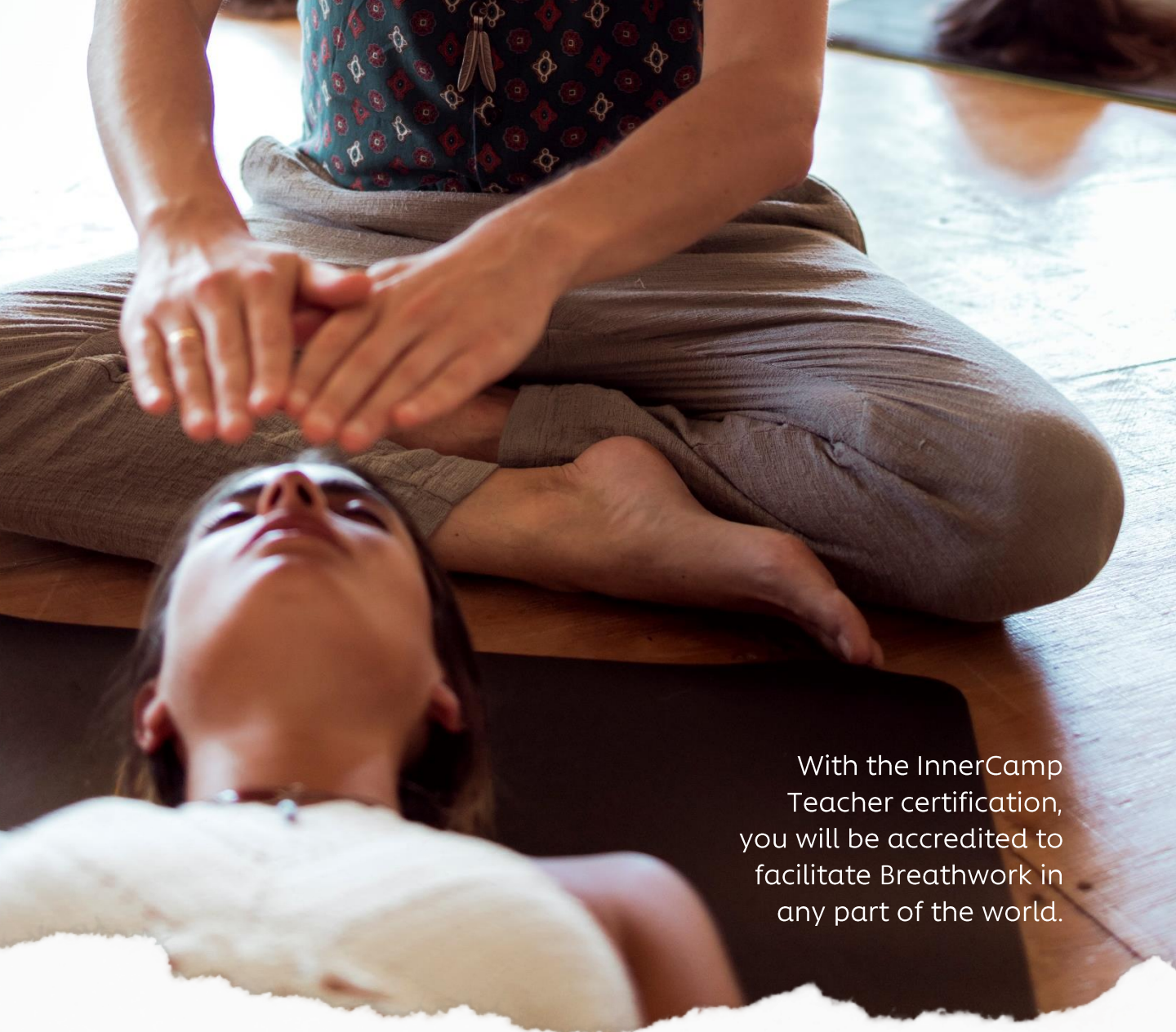
COVID-19 NOTICE

This training cannot be held with masks or social distancing, so we ask everyone to be responsible and take the necessary steps to protect themselves and others.

In order to provide a safe environment for all attendees, we require proof of a negative COVID result (can be a COVID-19 certificate of vaccination, a PCR or antigen test) taken 72 hours prior to your arrival. Please provide necessary documentation on site.

In case you are tested positive within 3 weeks of our start date, you will be fully refunded minus a 300€ administrative fee.

If you are coming from another country, we highly recommend that you purchase travel insurance to cover any cancellations that may occur.



With the InnerCamp
Teacher certification,
you will be accredited to
facilitate Breathwork in
any part of the world.

APPLICATION

If you feel the calling, enroll in our
InnerCamp Breathwork Method
training at innercamp.com





For more information,
please contact us at
contact@innercamp.com