

THE INNERCAMP BREATHWORK METHOD

PRACTITIONER + TEACHER TRAINING





JULY 3 — SEPTEMBER 25, 2022

Learn everything you need to start your career as a healing breathwork instructor in our first intensive program!

This method of breathwork cultivates self-awareness and enhances physical and mental well-being. It is a powerful approach to self-exploration based on years of spiritual practice and scientific research.

This course is for

- ✓ beginners who want to move into a new career
- ✓ professionals who desire to expand their expertise

ACCREDITED BREATHWORK METHOD



Innecamp is a proud member of the International Breathwork Foundation



6 live sessions
in total

5 hours
duration of each session

InnerCamp is registered and accredited by the Complementary Medical Association.





STUDY WITH EASE

- flexibility to complete the course at your own pace
- live Zoom sessions
- unlimited video replays on eLearning platform
- exclusive downloadable learning materials
- individual feedback on assessments
- 24/7 mobile access to the course
- lifelong membership in our Global Community



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

Level 1 focuses on providing a background on breath science, psychology, inner child work, trauma healing, healing your breathing pattern and learning the main breathwork techniques.

Upon successful completion of Level 1, students will be presented

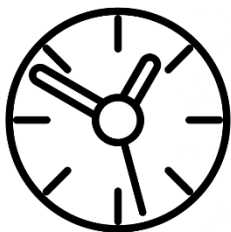
with the Breathwork Practitioner Certificate.

Level 2 focuses on learning how to guide one-on-one sessions and group sessions, bodywork, holistic coaching, techniques to hold the space, music composition and how to organise breathwork workshops and retreats.



THE COURSE

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.



ONLINE SCHEDULE

Sessions are conducted live
via Zoom.

Sundays

5:00pm — 10:00pm CET

Amsterdam, Paris

4:00pm — 9:00pm GMT

London

11:00am — 4:00pm EST

New York

FACILITATOR



Alexis Alcalá

Internationally acclaimed
certified breathwork master and
tantra teacher.

Alexis is renowned for his depth
of study and ability to
communicate ancient wisdom in
a practical, encouraging manner,
combining extensive science
with spirituality.

His deep connection with
somatic therapies, Tantra,
energy work, transpersonal
psychology, and breathwork
inspired Alexis to combine these
acquired holistic skills and
intuitive approach to create his
signature method that
promotes healing,
transformation and the
awakening of people's potential.
Alexis is a true mentor of hearts
and minds that seek abundance,
happiness, and fulfilment.

July 3 – August 13, 2022

Practitioner Certificate

Science of breathwork

- Respiratory system
- Breathwork Basics, Uses, and Types
- Nose breathing vs. Mouth breathing
- Psychology
- Big traumas of human beings

Your breath journey

- How to discover your breathing pattern
- Corrections to your breath
- Spiritual purification
- Perinatal influences
- Energy and chakras

Breathwork for self-healing

- Breathwork to heal birth traumas, the inner child and the inner teenager
- Breathwork for Ancestral Healing
- How to rewire your brain with Breathwork
- Breathwork to heal diseases
- Breathwork to release traumas

Customise your own breathwork session

LEVEL 1

LEVEL 2

August 14 – September 25, 2022

Teacher Certificate

How to guide one-on-one sessions

How to guide group sessions

Bodywork

- Reiki and Breathwork
- Energy tools for Breathwork

How to hold the space

How to facilitate online and onsite events

- Insurance and Liability
- Music composition
- Pricing
- Tools for managing events
- Associations and memberships

October 27 – 30, 2022
New dates to be announced

Onsite Retreat in Málaga (Spain)

This unique experience is designed to bring you a feeling of clarity, awareness, and inner knowing.

Over the course of four days, InnerCamp will immerse you in the profound power of breath through signature techniques and holistic practices. Truly transformative sessions will take place in a private villa surrounded by luscious green mountains and blue sky.

OPTIONAL RETREAT

Organic plant-based menu is provided by **La Pachamama**

Selection of fine tea to support your wellness needs is provided by **YogiTea**



What's included


Accommodation

All activities

Plant-based food & snacks

YogiTea & drinks

Goodie bag



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