

THE INNERCAMP BREATHWORK METHOD

PRACTITIONER + TEACHER TRAINING





JUNE 18 — SEPTEMBER 3, 2022

Learn everything you need to start your career as a healing breathwork instructor!

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



300 hours

In total

65+

theory videos

30 hours

of live sessions

24 hours

of assignments

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

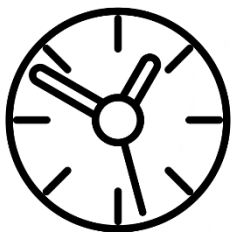
with the Breathwork Practitioner Certificate.

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.

Saturdays

6:00pm — 8:30pm CET

Amsterdam, Paris

5:00pm — 7:30pm GMT

London

12:00pm — 2:30pm EST

New York

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.



Marjolein

Marjolein is an InnerCamp Breathwork teacher and a Sacred Womb Awakening and Shamanic Healing Practitioner. She strongly believes that we are all healers and her practices are based on this foundation. Her mission is to help people restore balance in their lives by reconnecting them to their inner light and to help raise their vibration. All her practices are built on the foundation that we have a self-healing ability.



Lisa

Breathwork Master Instructor. She is also a guide, a meditation and tantra practitioner, yogi, online ESL teacher, music maker, vibe jockey, and storyteller. Her mission is her Mantra: there is magic in Movement. Her favorite aspect of the energy of being is the dance. Not just bodily, but emotionally, energetically, mentally, biologically, seasonally, etc. Holding space and taking it up. Expansion and retraction like the breath dances us.

June 18 – July 23, 2022

Practitioner Certificate

150 hours

LEVEL 1

Science of breathwork (10 hours)

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

Your breath journey (25 hours)

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

Breathwork for self-healing (35 hours)

- 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 (5 hours)

LEVEL 2

July 30 – September 3, 2022

Teacher Certificate 150 hours

How to guide one-on-one sessions (15 hours)

How to guide group sessions (25 hours)

Bodywork (10 hours)

- Reiki and Breathwork
- Energy tools for Breathwork

How to hold the space (10 hours)

How to facilitate online and onsite events (15 hours)

- 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