

A man with a beard and short dark hair, wearing a striped button-down shirt, is kneeling on a wooden floor. He is leaning forward, with his hands resting on the chests of two women lying on their backs. The women are also on the floor, looking up at the man. The background shows a wooden structure and green foliage, suggesting an outdoor or semi-outdoor setting. The overall tone is calm and focused.

Onsite Energetic Breathwork Therapy Training

SPECIALIST + FACILITATOR
CERTIFICATES



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

SEE THE DATES & PRICES

Onsite Energetic Breathwork Therapy Training will guide you to the frontiers of healing, spirituality and consciousness. You will gain a holistic understanding and the skillset needed to facilitate breathwork sessions to help people heal, relax, and experience their full potential.

This course is for

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



*With this
training
you will:*



Participate in immersive hands-on onsite experience in Amsterdam where you will learn how to **facilitate Breathwork to others**.



Study **300 hours of engaging content** delivered by our amazing senior Breathwork facilitators.



Get encouraged to question and analyse the method to **embody the best techniques** that solve issues. At InnerCamp we cover how to practice and facilitate breathwork exercises and reveal its scientific and theoretical background.



Learn **new holistic tools** you can use in your self-healing journey to transform your body and mind into a restorative and protective boundary from the world.



This course is an investment that hands you a roadmap to achieve a successful holistic career.



Meet like-minded people from all over the world and bond over your shared interests for self-growth.



Receive a **lifetime support** from the InnerCamp community on your personal and professional breathing journey.



After graduating from this program, you can **turn your passion for spiritual/personal growth into a full-time job**, making it your life mission to support others in healing.

Onsite Energetic Breathwork Therapy Training is a contemporary science-powered program that provides a multidimensional and holistic approach to the concept of Breathwork. You will learn many breathwork modalities to meet the needs of your clients.

Accredited Onsite Energetic Breathwork Therapy Training

- 🕒 3 months online
- 🕒 300 hours in total
- ▶ 65+ videos

- 🕒 5 days onsite
in Amsterdam

InnerCamp is registered and accredited by the **Complementary Medical Association**.



Innercamp is a proud member of the **International Breathwork Foundation**.



Onsite Energetic Breathwork Therapy Training is a **CPD-certified training**.





Level 1

onsite in Amsterdam

Program at a glance

How to guide one-on-one sessions

- How to guide one-on-one sessions
- How to not retraumatize your clients
- Activities that can be done in one-on-one sessions
- How to avoid hyperventilation
- Corrections to your breath

How to guide group sessions

- How to guide group sessions
- How to facilitate couple sessions
- How to hold space in groups

How to hold the space

- How to hold the space
- How to work with traumatized people
- Bodywork techniques

Multi-style Breathwork

- Breathwork to Release Trauma
- Breathwork to Heal the Inner Child
- Breathwork to Boost your Creativity
- Energetic Breathwork + Ice Bath
- Breathwork in water

How to facilitate online and onsite events

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

Level 1

onsite in Amsterdam

YogaDreams Studio

YogaDreams Studio is an oasis of serenity nestled in the heart of Amsterdam. This spacious and beautifully designed studio provides the perfect ambiance for your breathwork journey.

The serene atmosphere, natural light, and calming decor create an inviting space for self-reflection and growth.

While accommodation is not provided, we are dedicated to enhancing your experience by offering a healthy catered lunch every day.

Vinkenstraat 36a 1506 CM Zaandam



Level 2

online

Program at a glance

Science of breathwork

- The science of the breath
- Respiratory system
- Breathwork basics, uses, and types
- Nose breathing vs. Mouth breathing
- Psychology
- The Vagus nerve & breathwork
- Breathwork and the nervous system
- Breathwork and Alpha, Theta and Delta Waves
- Big traumas of human beings

Your breath journey

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

How to facilitate online and onsite events

- Music composition
- Breathwork pricing
- Spiritual purification
- Tools for managing events
- Organizing workshops and retreats

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
- Breathwork to heal diseases and release traumas
- Energetic Breathwork to boost the immune system

Bodywork

- Reiki and Breathwork
- Energy tools for Breathwork
- Chakras and how they affect mental health
- Healing work in Breathwork

How to facilitate online and onsite events

- How to guide one-on-one sessions
- How to not retraumatize clients
- Activities that can be done in one-on-one sessions
- Healing birth trauma questionnaire

Customise your own Breathowk sessions

Breathwork techniques

In-depth study of all existing breathing techniques unlocks powerful perspectives for the holistic career.

After you finish the course, you will expand your holistic skillset with the following powerful breathwork techniques:

Energetic breathwork

This technique increases stamina and energizes the body.

Breathwork for stress relief and relaxation

Focuses on but is not limited to Pranayama techniques to rebalance the nervous system.

Breathwork to access transpersonal and holotropic states

This method connects physical, mental, emotional and spiritual aspects of our beings.

Mystical breathwork

Breathers who feel tempted to explore spiritual elements in breathwork and tap into ancestral knowledge tend to love this style.

Tantric breathwork

With this method, we can raise energy from the root chakra to the upper chakras in order to increase the quality of life.

Breathwork and bodywork for trauma release

This technique involves touching, moving and manipulating the body, using the breath, sound and music to induce wellness and release blockages.



Not all breathwork styles are made equal. Learning pros and cons of each technique can boost your professionalism and increase effectiveness of your coaching.

In order to get your certificate, you need to:



BREATHWORK FACILITATOR CERTIFICATE

- Actively participate in onsite training sessions.
- Demonstrate your proficiency by conducting one-on-one breathwork sessions for individuals, as well as sessions for couples and groups.
- Complete all online lessons of the level 2
- Submit all written assignments and have them approved
- Pass all quizzes with a score 80% or higher

Breathwork Facilitator Certificate proves that you are able to facilitate your own events and work with clients.

Facilitators



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.



Marjolein Van Ommeren

Breathwork Method teacher, Sacred Womb Awakening and Shamanic Healing Practitioner.

Marjolein 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 people raise their vibration. Womb/Hara Awakening are ancient, self-empowering practices that are returning into the Western world's awareness, helping people reconnect to their true purpose and align their lives.

Facilitators



Luisa Kubaschinski

Breathwork facilitator.

Luisa is a former civil engineer, who started to discover holistic practices during her own healing journey. After she experienced her first breathwork session, she wanted to share the magical power of breath with others from a spiritual, energetic and scientific point of view. She is now a certified yoga and meditation teacher and breathwork facilitator. Luisa's motto is "Healing and well- being come from within and our breath is our medicine".



Sara Tonini

Breathwork Method teacher, soul alchemist, an Earth steward, and a womb-wisdom keeper.

She is the scientist and the shaman, the academic and the witch. The bridge between the structured logic and the fiery creativity. As her career as a scientist and researcher was booming, Sara recognised the need to balance her life and started to embark on a journey of radical self- love through embodiment practices. She now shares her medicine through yoga, meditation and pranayama, conscious dance, cyclical living awareness, sex and intimacy coaching based on Tantra teachings and conscious breathwork.

Facilitators



Joanna Radkowska


Joanna's background is working with survivors of abuse and exploitation in a trauma-informed way to help them rebuild their lives, increase feelings of safety and security within themselves and in their surroundings, and offer a space where their voices are heard. Joanna's constant pursuit of knowledge has taken her on a student journey, starting with her studies in Psychology to various holistic and talking therapies such as Reiki, Alchemical Healing, Clinical Hypnotherapy, Yoga and Meditation, Breathwork and Pranayama, Tantra and Womb Healing. Joanna believes that offering kindness, compassion and practising self-love are crucial when healing from any life difficulties, and it is her focus during sessions with clients.




Jordan Head

Jordan has 17 years of experience working within the health and wellness industry as a Personal Trainer, Nutrition Coach, Master Practitioner of Neuro Linguistic Programming and Breathwork coach. Jordan is passionate about supporting others in removing what holds them back, and directing their energy towards a more fulfilling experience of life through their authentic selves.

Breathwork Contraindications

 Please be aware that the conditions below are not exhaustive and if you have any concerns please speak to us.

 Breathwork and other techniques we use can result in intense physical and emotional release. Therefore, it is not advised for persons with:

epilepsy,

detached retina,

glaucoma,

uncontrolled high blood pressure,

cardiovascular diseases (including prior heart attack),

mental disorders (manic disorder, bipolar disorder, schizophrenia, obsessive compulsive disorder (OCD), paranoia, psychotic episodes, depersonalization)

strokes,

TIA's,

seizures or other brain/neurological conditions,

a history of aneurysms in the immediate family,

Breathwork Contraindications

- ✗ use of prescription blood thinners,

hospitalized for any psychiatric condition or emotional crisis within the past 10 years,

osteoporosis or physical injuries that are not fully healed,

acute somatic and viral diseases,

chronic obstructive pulmonary disease (COPD-II and COPD-III),

chronic diseases with symptoms of decompensation or terminal illness,

individual intolerance of oxygen insufficiency,

cancer,

low impulse control.
- ✗ **Pregnant women** are advised against practicing Breathwork and some of our techniques without first consulting and getting approval from their primary care physician.
- ✗ Persons with **asthma** should bring their inhaler and consult with their primary care physician and the facilitator.
- ✗ Breathwork is not advised for persons who **are under the influence of alcohol or drugs.**

Enroll now!

We strive to make our trainings a good fit for all and match their schedule. We understand that our students have busy lives, that is why we provide flexible timings such as morning and evening sessions to accommodate your schedule.

[SEE ALL UPCOMING TRAININGS](#)


We recommend scheduling a free discovery call with our expert to learn more about the Breathwork Therapy training and answer any questions you may have. During the call, you will have the opportunity to discuss the objectives and content of the training, as well as the expected outcomes. We believe this call will help the student make an informed decision about enrolling in our trainings.

[SCHEDULE A DISCOVERY CALL](#)


We are on a mission to provide a great price-quality ratio so that everyone can benefit from our services. That is why we offer flexible payment plans to ensure our trainings are affordable for a wide range of change makers.

[SEE PAYMENT PLANS & PRICES](#)


FAQ



How does the pricing work?

1. Full payment upfront: this means paying the entire amount for the training program in a single payment at the time of registration.
2. Deposit payment: this option requires customers to pay a deposit of 500 euros to secure their spot in the training program. The remainder of the balance is then due 2 weeks prior to the start date of the program.
3. Installment payments: This option allows customers to spread the cost of the training program over several months. The payment plan involves paying the total cost of the program in four equal installments, with each payment charged monthly from the customer's card.



What should I consider before the onsite training?

Duration of daily sessions is 8 hours. We will do a lot of breathwork and introspection, so we recommend to take some time off after the sessions for integration. Please also try to avoid any social gatherings after the sessions because your mind and body will need some rest.



What does Level 1 include?

Level 1 includes a comprehensive package to enhance your experience. It encompasses daily lunches, participation in all activities, and an incentive onsite training program led by our top teachers.



Will I get to facilitate during Level 1?

Absolutely! Facilitation is the primary objective of our onsite training. You will have the opportunity to witness our top coaches in action, and they will provide gentle guidance as you conduct your own facilitating sessions. This hands-on experience allows you to put your skills into practice and receive valuable feedback. It's an integral part of the program that allows you to grow and refine your facilitation skills.

FAQ



What are the benefits of Level 1 + 2?

When you complete both levels of the Energetic Breathwork Therapy Training, you become a skilled facilitator qualified to work with clients and help them meet their needs. You can adjust different techniques to best suit the individual and facilitate their healing process. Your expertise will allow you to empower people to take charge of their health and wellbeing, and reach their goal.



Is there any deadline?

You have up to 3 months after the program has officially ended to complete Level 1 on the platform and get certified. This is the final extension for the completion of the program.



Does the Energetic Breathwork Therapy Training include examination?

Yes, each level of our Breathwork training comes with a final exam. The purpose of this examination is to ensure students are able to recognise, recall and show understanding of knowledge; select, organise and communicate relevant information in a variety of forms; present and organise material clearly; use relevant terminology; and apply knowledge to real-life situations.



What do CMA and IBF logos stand for on the InnerCamp diploma?

Those accreditation demonstrate our commitment to continuously create and provide the best learning opportunities to our students. It also proves that our course content has value for professional development. InnerCamp has been awarded the "CMA Registered Training School" status, which means our courses are registered and accredited by The Complementary Medical Association (The CMA) that contributes towards the development of the complementary medical and natural health industry. InnerCamp is a member school of the International Breathwork Foundation. This status acknowledges our achievements in influencing a healthier, more fulfilling, and purposeful life.



How can I claim CPD activity?

If you wish to claim CPD activity, the onus is upon you. The InnerCamp cannot be held responsible for the claiming or validation of hours or points. Please acknowledge that the InnerCamp Breathwork Method training is not a formal qualification. We note that any CPD certificate issued by the Member is evidence that the individual who completes this course will have undertaken the training and passed the Members own assessment criteria.

FAQ



Will I continue to have access to the course even after I complete it?

Yes, you will have lifetime access to the course. If you wish to review a specific topic from the course after you finish it, or take the course again, you can.



Will I receive a certification?

Yes! Upon successful completion of Level 1+ Level 2, you will be certified as a Breathwork Method Facilitator. This diploma is valid worldwide.



Will I be able to run workshops and retreats after I am certified?

After completion of the full course (Level 1 + Level 2) you will be able to run your own events. Our goal is to enhance learning by integrating theory and practice, and that is why we happy to provide opportunities for you to collaborate with InnerCamp. Our recent graduates have been facilitating online events to put their newly acquired skills into work.



What is the difference between the Breathwork Training and the Bodywork Training?

In the InnerCamp Breathwork Training, we engage in a deep breathwork style where we reach altered states of consciousness. In Bodywork, we use a different kind of breathing technique, and we take breaks from activation. Although one can reach altered states of consciousness, it is milder and is not the main aim. Because we have more control over our state in Bodywork, the Bodywork training is a more appropriate technique for people with trauma and who can get triggered easily. Breathwork is less controlled and can bring out more than a person is ready for. With Bodywork, the person controls how deep they want to go. There are rounds of activation and relaxation; the breather can choose where they want to work, how much they want to be activated, and how long. The main focus is staying present with the body in Bodywork, while it is the opposite in Breathwork. In Breathwork, we dive deep within the mind; we come to a state beyond the body's limitations. While some breathwork approaches involve movement and bodywork techniques, it is not the main focus, while in Bodywork, we focus on the body entirely. Breathwork is a better fit for people who want to start a profoundly personal journey; gain valuable insights; connecting with self, others, and the divine. Bodywork is better for people who want to connect with their bodies, learn to stay present, and want to release trauma (it is possible and common to release trauma with Breathwork too. However, it is essential to note that Bodywork is a somewhat more safe method for this).

Who we are

By joining InnerCamp, you become part of something bigger, a community of like-minded people with similar intentions.

You will also embark on a transformative journey that is designed to make a positive shift in your holistic career and boost your personal growth. We create a quality learning environment and experiences that will equip students with up-to-date and trustworthy knowledge, as well as confidence to build a solid foundation for their holistic business.



At InnerCamp, our focus is on blending the spirit and science of holistic health to build a strong and trustworthy foundation. Our Research Department ensures that the content of our educational programs is always up to date and based on scientific study.

We help you harness the power of Breathwork, Tantra and Bodywork to discover your higher self.

Our programs

Online Tantra

Facilitator Training

Online Tantra

Facilitator Training

This course is for anyone who wants to expand their whole being through increased awareness of your senses, feelings and energies, and adopt a Tantric lifestyle to fulfill daily needs.

It is a blend of Kashmir Shaivism, non-dual Tantra, Tibetan Tantric Buddhism, Taoist Tantrism, together with modern psychology and holistic practices.


[SEE ALL UPCOMING TRAININGS](#)

400
hours

of interactive
eLearning

60 hours

of live sessions

80+

practical
assignments

Live

Tantra workshops

10 hours

weekly effort (incl.
live sessions)

Level 1 (Specialist certificate) provides the knowledge and skills to introduce you to the concept of Tantra and embody its principles in an intimate connection with self and others.

Level 2 (Facilitator certificate) focuses on learning more advanced tantric tools, how to guide one-on-one and group sessions, holistic coaching, techniques to hold the space, the art of teaching and how to organise Tantra workshops and retreats. Thus, you can guide others to live a Tantric lifestyle.

In order to receive the Tantra Facilitator Certificate and be able to facilitate your own events and work with clients, you will need to successfully complete both levels.

Our programs

Online & Onsite Somatic Bodywork Therapy Training

Online & Onsite Somatic Bodywork Therapy Training

Through Bodywork and Breathwork techniques you can let go of stored negative energies and achieve physical and emotional healing.


[SEE ALL UPCOMING TRAININGS](#)
120 hours

in total

20 hours

of live sessions

100+

videos

10 hours

weekly effort
(including live sessions)

Our online training program is designed by trauma experts who will show you how to master your own emotions first in order to liberate others from their stress and suffering.

Level 1 comes in two parts. The first part explores the nature and impacts of trauma for better understanding of potential recovery mechanisms. While the second part is focused on trauma recovery through our signature Bodywork Method and its powerful components, as well as emotional, legal, and ethical considerations of working with trauma. Level 1 is intended to help you in your own self journey to release trauma and gain skills to become a trauma-informed facilitator in case you are already working with clients.

In **Level 2** you will learn how to facilitate bodywork, breathwork, de-armouring and movement techniques to heal others.

Our programs

Cacao Ceremony

The InnerCamp Cacao Ceremony facilitator training

Introduce yourself to a centuries-old practice as a way to reconnect with your inner self, strengthen awareness, awaken your gifts, and feel present and loving.



[LEARN MORE & ENROLL](#)

Online course

at your convenience, study whenever and wherever you want

50 hours

in total

30+

videos

4 weeks

duration

A Cacao Ceremony is a sacred ritual to look inside your soul, and warm up your whole being with a heart-opening plant medicine.

You will learn the history of cacao and its natural benefits, how to prepare ceremonial cacao to help the body heal and become a vessel for intuitive messages and wisdom.

This training is designed to help you find clarity and open up the energy in your heart chakra.





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