

Online Breathwork Therapy Training ®

SPECIALIST + FACILITATOR TRAINING



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

SEE THE DATES & PRICES

Online 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:

- ✓ Study more than **300 hours of engaging content** delivered by our amazing senior Breathwork facilitators, including 16 live sessions carefully designed to teach you new skills.
- ✓ 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.
- ✓ Learn how to **facilitate Breathwork to others**, observe their self-discovery journey, and earn a certification.
- ✓ 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.



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.

Online 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 Online Breathwork Therapy Training®

🕒 **300 hours in total**

🕒 **10+ hours effort / week**

🕒 **16 live sessions**

▶ **65+ videos**

Online Breathwork Therapy Training ® is a highly esteemed and reputable approach that has been recognized and accredited by **The Complementary Medical Association** and **The International Breathwork Foundation**, signifying its commitment to maintaining high standards of quality and effectiveness. Additionally, the method has obtained **CPD certification**, which further validates its value in terms of professional development and recognition within the field.



Through these prestigious accreditations and certifications, the Online Breathwork Therapy Training ® has established itself as a trusted and reliable program, backed by thorough assessment and validation processes.

Accredited Online Breathwork Therapy Training®

Holds prestigious accreditations and certifications, including accreditation by The Complementary Medical Association, The International Breathwork Foundation, and CPD certification.

Offers the flexibility of both online and onsite learning environments, allowing you to choose the option that best suits your availability.

Equips you with the necessary skills to effectively work with individuals, couples, and larger groups.

Grants access to InnerCamp Community of like-minded individuals.

Science-backed training program that ensures a grounded and effective approach.

Delivers intensive and transformative training experience that fosters self-healing and personal growth.

Embodies a holistic approach that integrates the mind, body, and spirit.

Offers a diverse range of multi-style breathwork techniques.

The course

Our course is based on primary Conscious Connected Breathwork techniques and is split into **two levels**.

Level 1

Level 1 (Practitioner certificate) is a self-healing journey that provides a knowledge 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 earn the Breathwork Practitioner Certificate that proves their active participation in the course.

Level 1 is for personal use only.

In the live sessions of Level 1 we explore:



Introduction to breathwork;
Energetic breathwork;
Pranayama and Breathwork for Stress Relief and Relaxation;
Breathwork to access Transpersonal and Holotropic states;
Mystical Breathwork;
Tantric Breathwork and Breathwork to release trauma.

After completion of Level 1, you will be equipped with the knowledge and skills to apply breathwork principles to your own life for personal growth and development.



Specialist Certificate

Level 1

Program at a glance

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

Customize your own breathwork sessions



The course



Level 2

Level 2 (Facilitator certificate) focuses on learning how to guide one-on-one sessions, group sessions and couple sessions, holistic coaching, techniques to hold the space, music composition and how to organize breathwork workshops and retreats.

In this module, we will dive deeper into the breathwork techniques, and you will learn how to facilitate various breathwork modalities to others.

To qualify for the Breathwork Facilitator Certificate and be able to facilitate your own events and work with clients, you will need to successfully complete both levels. The final assignment will be to record a video of yourself facilitating an in-person breathwork session with a volunteer. In Level 2 live sessions, you will be asked to demonstrate your facilitating skills.



In the live sessions of Level 2 we explore:

How to guide one-on-one sessions

How to guide group sessions

Bodywork

How to hold the space

How to facilitate online and onsite events

By the end of Level 2, students will have the necessary skills to establish and maintain a successful Breathwork practice.



Facilitator Certificate

Level 2

Program at a glance

How to guide one-on-one sessions

How to guide group sessions

How to hold the space

During the Level 2 (Facilitator training), we will ask you to bring a friend or a few friends at home to practice how to facilitate breathwork.

This part of the course is the most important one as you will start doing the "real" work. For us it is crucial to see you facilitating and guide you during this process.

Bodywork

- Reiki and Breathwork
- Energy tools for Breathwork

How to facilitate online and onsite events

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



Course overview

	Level 1	Level 1+2
Duration	150 hours, 2 months	300 hours, 4 months
Live sessions with master trainers	8 weekly sessions	16 weekly sessions
Lifetime access to curated videos	40+ videos	60+ videos
Exclusive reading materials	30+ articles	60+ articles
Weekly assignments	✓	✓
Individual feedback from trainers	✓	✓
Personal counselling	✓	✓
Access to all virtual workshops	2 months	4 months
Global community membership	✓	✓
Special discounts	✗	✓
Monthly mentoring calls	✗	✓
Business documentation templates	✗	✓
100 Breathwork music playlists	✗	✓
Study buddy meetings	✗	✓
Certification	Specialist certificate valid for self-practice only	Facilitator certificate proves your qualification to work with clients

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.



16 Live Sessions

Live sessions are an integral part of our breathwork training.

During a live session, you will have the chance to put the theory you have learned into practice in a safe, interactive and supportive environment.

You will be encouraged to experiment and explore different breathing techniques, and will receive guidance on how to use them to achieve the best results.

Live sessions are designed to give you a hands-on experience of breathwork, and help you to develop a deeper understanding of the practice. Our instructors will provide feedback and support, and share their expertise on how to refine your skills and become a confident facilitator.

Live sessions also provide the opportunity for students to learn from each other, as the instructor facilitates group discussions and activities. This allows students to explore their own experiences and gain insight from their peers.

Students facilitating in Level 2

During the Level 2 (Facilitator training), we will ask you to bring a friend or a few friends at home to practice how to facilitate breathwork.

This part of the course is the most important one as you will start doing the "real" work.

For us it is crucial to see you facilitating and guide you during this process. Please read the instructions of these sessions carefully.



When bringing a friend/friends at home, they will need to stay for the first two hours of the session. The last 30min is for students' sharing and we prefer privacy (without our guests).

For these sessions, you will need a music playlist (1 hour, including the rest phase) and a script to help you during the session. On the e-Learning platform, you will find more information about how to prepare a playlist and a script.

In order to get your certificate, you need to:

BREATHWORK SPECIALIST CERTIFICATE

- Complete all online lessons of the Practitioner level
- Submit all written assignments and have them approved
- Pass all quizzes with a score 80% or higher
- Attend 80% of live sessions

Breathwork Specialist Certificate proves your active participation in the course and that your newly acquired skills are for personal use only.



BREATHWORK FACILITATOR CERTIFICATE

- Complete all online lessons of the Specialist and Facilitator levels
- Submit all written assignments and have them approved
- Pass all quizzes with a score 80% or higher
- Participate in all the live sessions of Level 2.
- Submit the recording of a guided onsite breathwork session

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

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. 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.




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 Method 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



What are the benefits of Level 1 + 2?

When you complete both levels of the Breathwork Method 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.



Does the 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.



Are the assignments mandatory?

Yes, they are. All assignments are designed to evaluate your knowledge and understanding of theories, concepts, studies and methods. The reflective work is for your personal benefit to understand yourself better.



How much effort is required per week?

A range of time you should spend on the course including live sessions is about 10 hours per week. We also encourage you to engage with discussions and other collaborative activities.



Should I attend all live sessions?

We recommend you to attend at least 80% of the sessions in order to be qualified for certification.



Can I move at my own pace through the course?

Yes, you can take your time with the material, as it can help you to retain the information better. However, it is important to be aware that this course require you to attend live sessions in order to stay on track . This will ensure that you don't fall behind and also allows you to interact with the instructor or other students in the course.

FAQ



Is there any deadline?

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



Do I retain access to a course content after I complete it?

Yes, you have a lifetime access. However, it is important to be aware that live sessions replays will be removed from the platform within 3 months after the official end date of the course.



Is it a must to participate in students facilitating sessions?

Yes, this part of the course is the most important one as you will start doing the “real” work. For us it is crucial to see you facilitating and guide you during this process. During the Level 2 (Facilitator training), we will ask you to bring a friend or a few friends at home to practice how to facilitate breathwork.



What if I cannot participate in students facilitating sessions?



What if I cannot find volunteers for students facilitating sessions?

If you cannot participate in the students facilitating session, you will need to send a recording and pay the 100 EUR admin fee per recording. The admin fee is mandatory and non-refundable; Recordings are allowed in exceptional cases and only with the written approval from InnerCamp (*Terms of Service - Art. 3. Additional Fees apply). All requests should be sent to contact@innercamp.com and a resolution will be issued and sent to students within 24-48 hours.



What is a study buddy?

Upon enrollment, all students are matched with a study buddy to support them on their journey. A study buddy is an online partner you study alongside with, offering each other mutual support, discussing concepts and working together on assignments.

FAQ



What happens if I fail quizzes?

No problem! You can retake the quizzes as many times as you need at no additional cost. Please handle each module's assignments seriously, revise your notes, and study all materials on our e-learning platform.



Should I turn my camera on during live sessions?

Yes! We kindly remind you that it is mandatory to have your camera turned on during live sessions. We ask that you refrain from engaging in any other distracting activities during the session. Please note that live sessions where the cameras are off or you are not visible on the screen will not be considered as attended.



What is the monthly breathwork mentoring call?

Our monthly breathwork mentoring calls are designed to give current students and graduates of our breathwork program the opportunity to ask questions, clarify any doubts, and share their experience. We will also provide guidance and advice from experienced facilitators on how to deepen your practice and gain a better understanding of the process.



What if I cannot keep up with my current course, can I move my spot to the next edition and start over?

We understand that sometimes life can get in the way of our educational pursuits and that it can be difficult to keep up with a course. If you'd like to move your spot to the next edition, you can do so for an additional fee of 300€. Alternatively, you can keep the credit and join a future program just by paying the price difference when signing up.



My training hasn't started yet, can I cancel and get a refund?

If you cancel your participation 30 days (or more days) prior to the event, you are eligible to request a full refund minus a 150€ administrative fee (non-refundable). If the training program has not started yet and there are 29 days or less to the start date, you can cancel it before the start date and get a 50% refund. You can also keep the credit and move your paid amount to any other INNERCAMP's service of your choice just by paying the price difference (if any applies). In case you only paid the deposit of the training, this deposit is non-refundable. In case you have chosen the monthly payment plan and only paid the first instalment, this payment is non-refundable.

FAQ



My training has started, can I cancel and get a refund?

If the training program has started but you cannot participate, you can change your enrollment to any upcoming program for an additional 300€ fee. You can also keep the credit and join a future program just by paying the price difference when signing up.



My training has finished but I didn't participate, can I get a refund?

If the program has ended and you did not participate for any reason, the payment is non-refundable. In this case, you can still move your spot to the upcoming edition in the following 3 months after the program ended by paying a 600 EUR admin fee. If you request to move your spot after the 3 months have ended, a full payment is required meaning that you will need to pay the full current price of the course edition that you'd like to attend.



How does the pricing work?

We offer two payment plans. Upfront payment requires either a full payment or a 500€ deposit (the final payment is due 14 days prior to the course start date). The most flexible plan is our monthly payment split in four equal instalments to be paid by credit card or PayPal. If you prefer, we can send you our bank account details for a transfer. Please contact us at contact@innercamp.com for more information.



Can I interact with teachers?

Yes! Interacting with teachers on an e-learning platform is an important part of the student-teacher relationship. You can reach out through direct messages or tag teachers in chat to bring attention to a specific issue or question. When using direct messages, please be respectful of the teacher's time.



Will I be able to run my own events once I'm certified?

Our goal is to enhance learning by integrating theory and practice. We will not only teach you how to run events and what needs to be considered, but will also provide opportunities to collaborate with InnerCamp. Our recent graduates have been facilitating online events to put their newly acquired skills into work.

FAQ



I've never taken an online course before. Not sure if it's for me.

If you have never taken an online course before, rest assured that it can be a great option for you to study. Our online courses are designed to provide an engaging learning experience and simulate the feeling of an in-person course. Through a combination of video lectures, discussion boards, and live sessions, you will have the opportunity to ask questions, receive feedback, and build connections with your peers. The online learning environment provides you with flexibility, allowing you to work around your schedule and complete coursework at a pace that works best for you. You can also access course content and resources anytime, anywhere, so you can study and learn when and where it's convenient for you.



What are those virtual workshops that are included in my membership?

Virtual workshops provide the opportunity to explore various tantra, breathwork, bodywork, and shamanism techniques with the guidance of experienced facilitators. You can join live sessions or access recorded sessions to get the most out of your experience with the InnerCamp. Each month we offer 15+ virtual workshops for you to try.



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.

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.

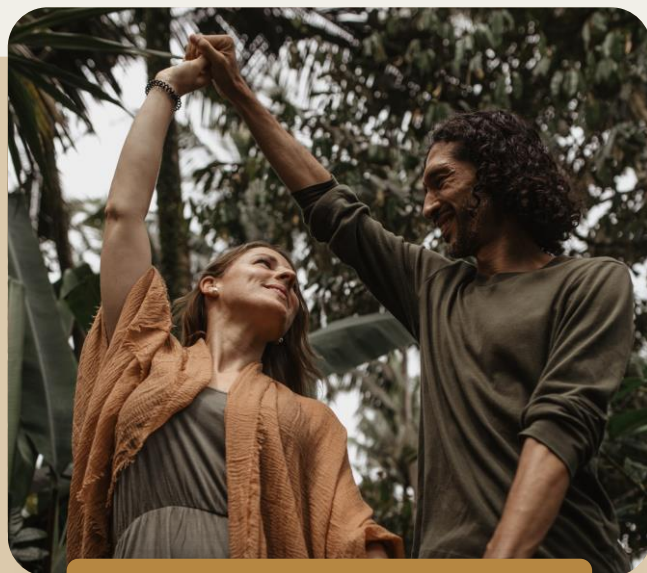
Our programs

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 Tantic Embodiment Teacher Certificate and be able to facilitate your own events and work with clients, you will need to successfully complete both levels.

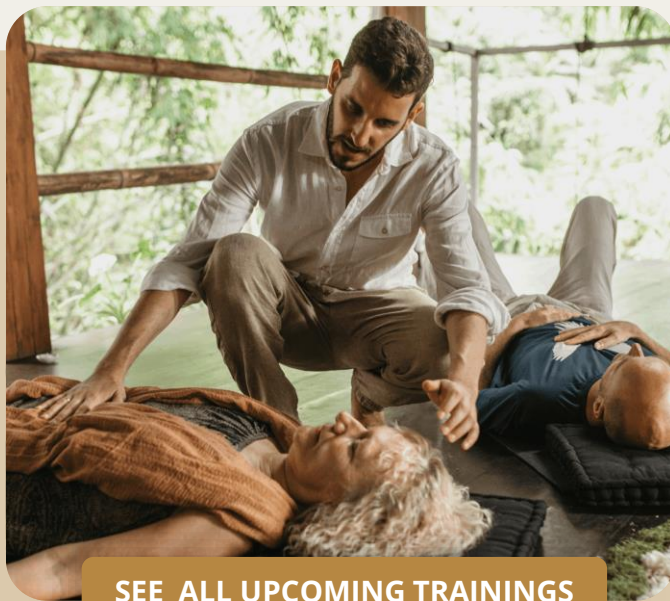
Our programs

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. Discover 4 components of our Method:

breathwork + movement + touch + sound.


[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**