

# The InnerCamp Breathwork Method®

In-person and Online training



## Learn everything you need to start your career as a Breathwork therapist!

[SEE THE DATES & PRICES](#)

The InnerCamp Breathwork Method® is a set of Breathwork techniques for holistic transformation. You will gain a comprehensive understanding and the necessary skills to facilitate Breathwork sessions that help people heal and access transpersonal and holotropic states.

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 over **300 hours of exciting content** taught by our Breathwork facilitators. Study in-person or 100% online. The in-person training also includes an online course.

✓ Learn how to **facilitate Breathwork to others**, observe their self-discovery journey, and earn a Diploma.

✓ Learn **new holistic tools** that you can use on your self-healing journey to transform your body and mind, and that you can teach to your current or future clients.

✓ Learn a set of **transformative Breathwork techniques** and how to use them to assist each individual in the most appropriate way. You will also be able to **transform your own life**, discovering your mission and how you can best help 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.

The InnerCamp Breathwork Method is a scientifically-based program that provides a multidimensional and holistic approach. You will learn a set of Breathwork techniques to meet both your needs and those of your clients.

# Accredited Breathwork Method

- 🕒 **300 hours in total**
- 🕒 **Practical lessons**
- 🕒 **Online or in-person**
- 🕒 **International Diploma**

InnerCamp is registered and accredited by the Complementary Medical Association.



Innercamp is a proud member of the International Breathwork Foundation.



The InnerCamp Breathwork Method is a CPD-certified training.



## Study with ease

- online or in-person training
- unlimited video replays on the eLearning platform
- exclusive educational material
- individual feedback on your homework
- mobile access to the course
- lifetime membership to our Global Community

# The course

Our course is based on the most transformative Breathwork techniques, and you will learn to use the right one with each client.

## Level 1

**Level 1** is a healing journey where you will learn about the science of breathing, transpersonal psychology, and the use of energy to access your full potential and eliminate any blockages. You will learn to use your intuition, to use Breathwork to access transpersonal and holotropic states, to employ techniques to gain more energy and boost your immune system. You will also learn to create your own Breathwork sessions.

### **In Level 1, we explore:**



Science of 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.

Once you've completed Level 1, you will be equipped with the knowledge and skills necessary to apply the principles of Breathwork to your life for your personal growth and development. You will also be prepared to facilitate your first sessions.



# Curriculum

## 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** focuses on learning to guide individual, group, and couples sessions, both in-person and online, holistic coaching, techniques to create a safe space, and musical composition. In this module, we will delve deeper into the techniques of Breathwork and energy. You will also learn how to use Breathwork to achieve meditative and calm states, to elevate vital energy, and to create transformative experiences for your clients.



### **In Level 2, we explore:**

Learning how to improve your intuition;  
 Tantric Breathwork;  
 Pranayama and Breathwork for Stress Relief and Relaxation  
 and different Conscious Connected Breathwork styles.

At the end of Level 2, students will have the necessary skills to facilitate individual sessions and Breathwork groups in workshops, retreats, and festivals.





# Curriculum

## Level 2

### Program at a glance

#### How to guide one-on-one sessions

#### How to guide group sessions

#### How to hold the space

In the online 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

- Energy activation 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



# 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

For those who feel the pull to explore spiritual elements in breathwork and tap into ancestral knowledge.

## 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.**



## Live Sessions in Zoom

### **Live sessions are an integral part of our Online Breathwork Training.**

During the live sessions, 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.



# Facilitators



## Alexis Alcalá

Internationally acclaimed certified breathwork master and bodywork & 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 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.

# 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 different types of training programs 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](#)




# 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.



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

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.

# Our programs

## Tantric Embodiment

### The InnerCamp Tantric Embodiment 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

## Bodywork & Somatic therapies

### The InnerCamp Bodywork & Somatic therapies for healing trauma 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.





# Frequently asked questions

## Why should I join InnerCamp?

InnerCamp is your school to become a Breathwork therapist because:

- We have trained over 1000 people in the last 5 years.
- Our training programs (both online and in-person) include a comprehensive online Breathwork course (300 hours) where you will learn everything about Breathwork, breathing psychology, science, different Breathwork styles, and how to be successful as a therapist.
- We have accreditations from 3 international organizations.
- Our trainers have more than 10 years of experience working with people.
- We don't see ourselves as gurus, and what matters most to us is the healing and transformation of the world.
- We provide trauma-informed training so that you don't harm your clients or leave them worse off than when they came to you.

## What is the difference between in-person and online training?

In the in-person training, we come together for 5 days and engage in numerous practices to learn how to connect with our intuition and activate our energy. After 5 days, we know how to facilitate some of the most transformative techniques in Breathwork. These 5 days are very intense and transformative. After the in-person training, you'll start the 3-month online course. This course doesn't include online Zoom sessions, but you will have access to the monthly mentoring calls and all of InnerCamp's virtual workshops. The online training is 260 hours, and you'll learn everything about the science of Breathwork, psychology of Breathwork, how to succeed as a therapist, etc. The online training is designed to be completed in 3 months, but you'll have up to 6 months to finish it. After completing all tasks, you'll receive your Breathwork Therapist Diploma.

In the online training, we have 18 Zoom sessions (2.5 hours each) and we engage in numerous practices to learn how to connect with our intuition and activate our energy. We learn the most transformative Breathwork techniques. At the same time, you will have access to the 3-month online course. You'll also have access to the monthly mentoring calls and all of InnerCamp's virtual workshops. The online training is 300 hours, and you'll learn everything about the science of Breathwork, psychology of Breathwork, how to succeed as a therapist, etc. The online training is designed to be completed in 3 months, but you'll have up to 6 months to finish it. After completing all tasks, you'll receive your Breathwork Therapist Diploma.

## What does this training include?

Online or in-person classes with senior teachers, lifetime access to the online course, videos, exclusive reading material, weekly tasks, personalized advice, access to all of InnerCamp's virtual workshops for 4 months, discounts for InnerCamp experiences, 100 Breathwork music playlists, templates for your events, lifetime access to monthly mentoring calls, study partner meetings, membership in the global community, a Diploma to facilitate sessions using the InnerCamp Breathwork Method, and inclusion in the InnerCamp Facilitators Directory.

## 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 if you book the online course, it is mandatory to attend the 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.

## 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.

## Does the 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.

## If I booked the online training, should I turn my camera on during live sessions?

To ensure active engagement and participation, it is mandatory to have your camera turned on during live sessions. It is important that the cameras are facing you, providing clear visibility. We kindly 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.

We understand that you may face challenges attending sessions due to various circumstances, including work hours or other commitments. We empathize with these situations and encourage you to communicate your availability or constraints in advance.

## 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.

### **My training program has not 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.

### **My training program 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 program 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 much effort is required per week?**

If you take the online course, the range of time you should dedicate to the course, including the Zoom sessions, is approximately 10 hours per week. If you take the in-person course, the range of time you should dedicate to the course, after the in-person training, is approximately 6 hours per week. We also recommend that you participate in other InnerCamp workshops and activities.



## **If I booked the online training, should I attend all live sessions?**

To be eligible for certification, please maintain a minimum attendance rate of 80% for the required live sessions of Level 1 (you can miss 1-2 sessions out of 8). Ensure 100% attendance for the required live sessions of Level 2.

## **If I booked the online training, is it a must to participate in Students Facilitating Sessions?**

It is mandatory for students to facilitate in all students facilitating sessions. To ensure your success, we request that you invite a friend or a few friends to your home for these transformative sessions.

## **What are the certification requirements?**

To be eligible for the Therapist Diploma, please ensure you meet the following requirements:

### **ONLINE TRAINING**

- Maintain a minimum attendance rate of 80% for the required live sessions of Level 1 (you can miss 1-2 sessions out of 8).
- Maintain an attendance rate of 100% for the required live sessions of Level 2.
- Successfully complete the course (Level 1+Level 2) on our e-learning platform and obtain approval for all assignments from InnerCamp.
- In order to participate in Level 2, you must have completed a minimum of 75% of Level 1, including lessons and assignments.
- It is mandatory for students to facilitate (online and onsite) in all students facilitating sessions.
- Keep the camera on in the live sessions and actively participate in the class and the practices.

We encourage you to stay committed and engaged as you progress through the program. Completing the course and earning your certification is a testament to your dedication and achievement.

### **IN-PERSON TRAINING**

- Join the in-person training and to not miss any of the activities.
  - Successfully complete the online course (Level 1 + Level 2) on our e-learning platform and obtain approval for all assignments from InnerCamp.
- We encourage you to stay committed and engaged as you progress through the program. Completing the course and earning your certification is a testament to your dedication and achievement.

### **If I booked the online training, what if I cannot participate in the students facilitating sessions?**

If you cannot participate in the students facilitating sessions, 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](mailto:contact@innercamp.com) and a resolution will be issued and sent to students within 24-48 hours.

### **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 the program has started already and you'd like to move your spot to the next edition, you can do so for an additional fee of 300€ plus the price difference if any, according to our [Terms of Service](#). Alternatively, you can keep the credit and join a future program just by paying the price difference when signing up.

### **Who 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.

### **What happens if I fail the 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.

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

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

## **Will I be able to run workshops and retreats after I am 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.

## **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. 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.

**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.





For more information, please contact us  
at **[contact@innercamp.com](mailto:contact@innercamp.com)**

o via WhatsApp at **[+351 912 553 980](https://wa.me/351912553980)**