



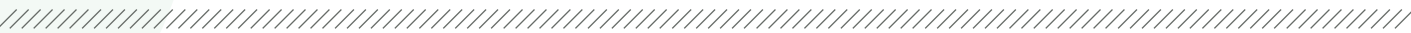
# INTUITIVE BREATHWORK TRAINING





Thank you for your interest in our Breathwork Training Program and for downloading this guide. Please review the information in this document and complete the application form on the final page if you wish to enrol. We will then contact you to arrange a Zoom call to discuss your application and the possibility of joining our next training cohort.

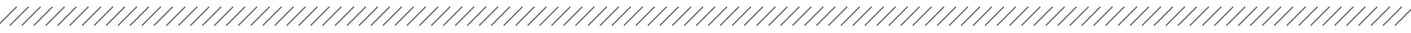
Attendance at all residential modules is mandatory for certification. The approximate dates are listed in this document, and the exact dates are confirmed the year before the next training opens for registration.



## THE WHAT

This Breathwork Training Program has gained momentum since its successful start in 2024. It is a 6 to 9-month course, developed over two years with contributions from a skilled team of colleagues, friends and previous participants.

As more Breathworkers join us, our community and knowledge grow, enhancing this transformative education. We continuously improve the program based on feedback from past participants and facilitators, making it a dynamic and life-changing Trauma-informed Breathwork Training.



## THE WHY

\*Why do I feel called to train others? \*

Since beginning my professional breathwork career in 2019 (with my relationship with breathwork starting in 2016), my business has consistently grown. As I introduced breathwork to more individuals through private sessions, workshops, festivals, and retreats, there was a significant demand for training in this amazing modality. Given my previous background in training and my passion for teaching, pursuing this path felt like the most natural and aligned way forward. On an energetic level, I have always felt a calling to reach large groups, contributing to the rise of the collective consciousness. Breathwork is a profound healing modality that facilitates self-discovery and connection to our innate wisdom and sovereignty, which has often been repressed and suppressed through the noise of life. Its effectiveness as an accessible tool is vital in navigating both internal and external transformations. Integrating the repressed and suppressed parts of us and taking us above the noise and back to our true essence.

Breathwork is integral to the New Earth frequency. My calling and my purpose is to make this practice widely accessible, enabling individuals to share it safely and with integrity.





## THE WHEN

We offer 14/16 places for each cohort, including 2 discounted bursary spaces. Every cohort runs from April to October. Bursaries are available by application only and will not be offered until 12 paid places are confirmed.

**You may email us directly at [Info@Intuitivebreathwork.co.uk](mailto:Info@Intuitivebreathwork.co.uk) to be added to the waitlist for bursary applications.**

Exact dates are confirmed annually and span a duration of 6 to 9 months. Participants will move away from the classroom and practical learning after 6 months and undergo supervised practice for the remaining 3 months to be certified with full sign-off within the subsequent 3 months.

**Attendance at all residential weekends is mandatory for qualification.**

The residential training is always held in Tonbridge, TN9, Kent, a brief 10-minute walk from Tonbridge Train Station. Rooms are shared with up to a Max of 4 in each room.

The 6 to 9-month program includes:

- ◆ Four residential weekends (Friday 1 pm to Sunday 4 pm)
- ◆ Three online teaching days (4-hour sessions bimonthly)
- ◆ Monthly check-ins with designated mentors, accompanied by theory and practical homework
- ◆ Approximately 400 hours in total / 45 hours per month





## THE WHO

### SUSIE SMITH – FOUNDER & SENIOR TRAINER

*Breathwork & Emotional Trauma Therapist | Embodiment Mentor | Shamanic Energy Worker | Mental Health First Aider*

Susie has been a qualified Breathwork Therapist and Trauma Informed Facilitator for over 7 years. Working deeply with Conscious Connected Breathwork and the history within the Nervous System, creating somatic and profound experience for everyone attending her 1:1 sessions or workshops. Being deeply intuitive by nature enables Susie to work with the frequency of your own body intelligence, dropping you into higher states of consciousness through the body's wisdom and the power of the breath.



[www.intuitivebreathwork.co.uk](http://www.intuitivebreathwork.co.uk)

Helping clients unpack unconscious emotional baggage and restore the body to its sovereign state. Susie's path has weaved its way through a deep and transformative education in Conscious Breathwork, Emotional Trauma Healing and the history they both hold within us.

Susie feels truly privileged and grateful to be able to offer and facilitate these beautiful, pioneering, and ancestral methods in these modern and challenging times.



### LEIGH JONES – SENIOR TRAINER

Leigh is a breathwork practitioner, holistic lifestyle coach, functional movement practitioner and life-long student of whole human health.

Leigh firmly believes that within every individual resides an innate impulse to grow, evolve and thrive. His mission is to help people remove the physical, mental, and emotional barriers that obstruct this natural flourishing.

His holistic approach with clients addresses the various pillars of health.



[www.breathewithleigh.com](http://www.breathewithleigh.com)

This includes nervous system regulation, trauma resolution, breathwork, hydration, nutrition and gut health, sleep, stress management, movement, and archetypal work.

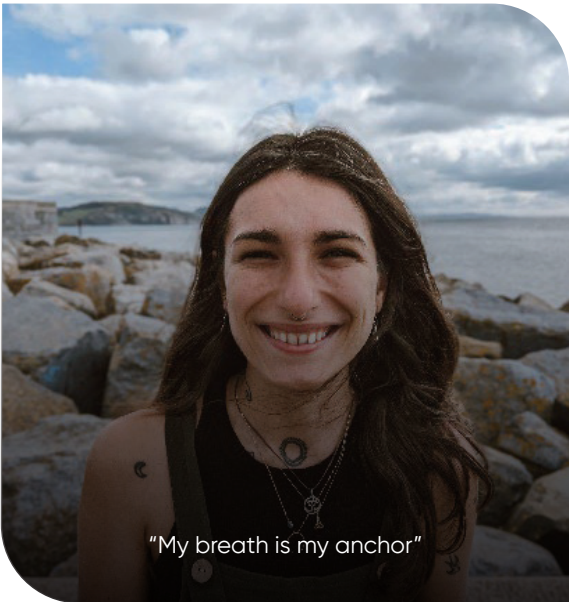




**ANGEL THEODORA MICHAELIDES – JUNIOR TRAINER**

Angel has been on her breathwork journey for 18 months, training directly with and alongside Susie to become a qualified Intuitive Breathwork facilitator.

She has always felt a deep calling to help others and was forever told that one must first help themselves; this finally sank in during her breathwork journey. Angel turned to Breathwork whilst on a quest for the roots of human suffering and a way to heal my own struggles which were more frequently getting in the way of my day-to-day living.



Angel says: “Breathwork has saved my life in more ways than none, helping me ease panic attacks, nurture my emotional sensitivity, and reconnect with my soul journey. It is my anchor in every situation in life, whether it be challenging, restful, or fun.”

It is Angel’s belief that through realigning our breathing patterns we can radically shift not only our relationship to our own energy and bodies, but to each other, and this breathing cosmos.



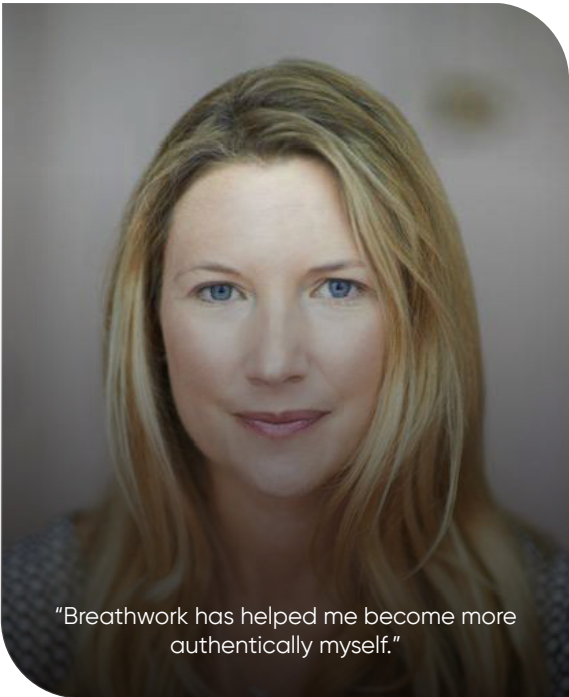
**KELLY KARL – MENTOR & FACILITATOR**

Kelly is the founder of Serene Being Ltd and co-founder of Radiant Breathwork. She is a fully qualified Transformational Breath® Facilitator and Group leader with over 18 years of leadership experience in a high performing corporate career.

Kelly is trauma-informed and deeply passionate about helping others to manage their stress and ability to self-regulate.

She loves to share breathwork with others and help them to find more peace and joy in their lives.

Offering 1:1 sessions and workshop experiences for all those who want to dive deep into themselves and the breath.



**Radiant Breathwork, Change the way you breathe and change your life! Based in London. Breath classes on Zoom globally.**

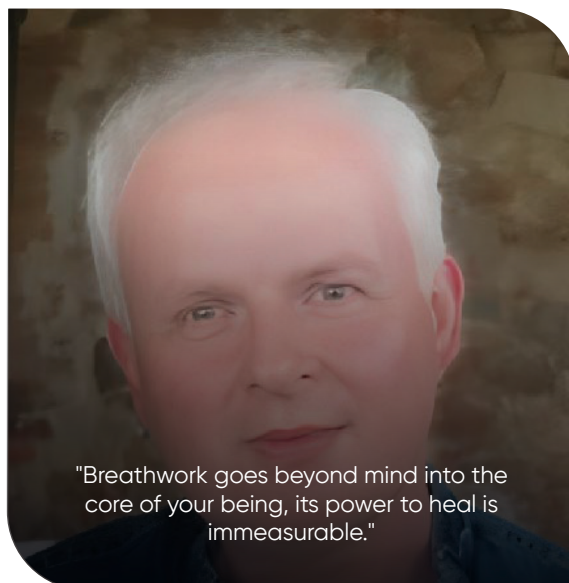




## JON GOODAY – MENTOR & FACILITATOR

Jon is a fully qualified Transformational Breath® Facilitator and Group leader with over 20 years of experience within a wide range of corporations and creative agencies. He has a Psychology degree complemented by in-depth therapeutic training and is also trauma informed certified.

He is deeply passionate about enabling people, through the power of breathwork and depth coaching, to unlock their fullest potential and live a life of purpose and meaning.



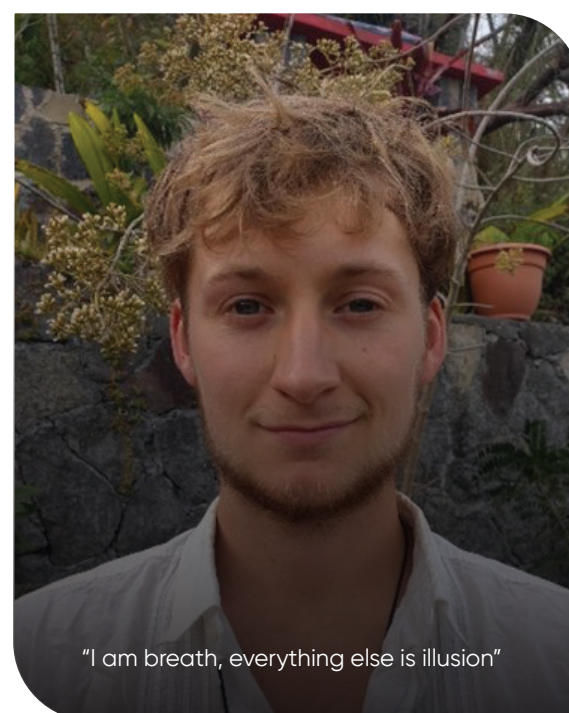
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## FREDDIE MORSE – JUNIOR TRAINER

Freddie combines Ancient and Modern therapies, practices and ceremonies to facilitate the integration of the true authentic self. Having been mentored and initiated on the shamanic path since the age of 14, in which he has faced the darkneses of addiction, eating disorders, co-dependency, narcissism, anxiety, depression, paranoia and a near death experience, all these challenges have brought him into deeper relationship with life and himself. He has formally trained in Compassionate Inquiry (Gabor Maté's approach to therapy), Conscious Connected Breathwork & Reiki; Freddie brings a reverence of the sacred, and yet a very grounded, compassionate, human approach to his work.

Mainly working in London, Freddie offers 121 and group work, as well as regular community ceremonies for all purposes.





## MARYLOU HOOGLAND – TRAINER & OP'S ADMINISTRATOR

Marylou is a Conscious Connected Breathwork group leader and facilitator, also reiki master and leader of guided meditations. She discovered breathwork by accident and fell in love with this modality and its powerful effects. Breathwork has taken Marylou to places other no other modalities and talking therapies could.

Having gone from frequently tearful, fearful with eczema and IBS, just not feeling right, to a balanced, grounded, happier and healthier being. She feels like the caterpillar has breathed its way out of the cocoon - able to fly free and show its inner beauty.

Marylou loves holding space for others, in group and 1 on 1 sessions, and seeing the amazing transformations clients can have. Marylou loves holding space for others, in group and 1 on 1 sessions, and seeing the amazing transformations clients can have.





## PAYMENT & PRICES – INTUITIVE BREATH TRAINING PROGRAM

Total investment for this 6 – 9-month Certified Training Ranges from £5,000 to £6,000 (+VAT)

Includes: all accommodation and food, Kajabi membership, mentoring and all program content online and offline



All payment plans must be completed before you can be certified.



We have a few options for you to use when it comes to paying your fees and completing the program. We know that not everyone can pay in full and so we have a sliding scale available below.



We will be using the Platform Kajabi to upload all training materials, documents and module content.

### CHOOSE YOUR OPTION BELOW – PAYMENT LINKS ON FOLLOWING PAGE

#### OPTION 1

£5000 – If paying in full to confirm your place.  
£5000 required immediately to secure.

#### OPTION 2

£5500 – If paying in 2 instalments to confirm your place – £2'750 required to secure – final payment of £2750 on or before 31st March.

#### OPTION 3

£5500 – £500 deposit – 5 x £1000 to be paid within 9 months.

#### \*OPTION 4

£6000 – If paying over 18 months – £600 required to secure – payments made in instalments over 18 months will be £300 per month.

Please note: all payments will have an added 10% VAT

#### 2 Assisted Places:

Bursary x \*2 – By Application ONLY – criteria is as follows:

*Low-income families/receiving benefits/single parents/living with disabilities/long term health issues/full time carers etc. This option is for anyone who would not usually consider themselves able to attend such training or afford the investment.*

\*Both places are at reduced rates which are agreed with both parties before accepting/sign up.

*Please note: Bursaries are dependent on 12 PAID spaces being filled. We will only take a max 20 applications and make a short list. Our Bursary link will be sent out to all those pre-registered – register your interest with us and we'll ensure you get on the list for when we open for applications.*





## BREATHWORK TRAINING SCHEDULE

### Each year dates will be confirmed pre sign up

*All Online Modules are 11am to 3pm (Saturdays or Monday evenings)*

*All Residential Modules are 1pm arrival and 4pm Finish (Friday to Sunday)*

- Welcome Meeting – Online – last Monday of April – 7pm to 9pm
- Module 1 – Residential – usually 2nd or 3rd weekend in May
- Module 2 – Online – 2nd Saturday in June
- Module 3 – Residential – usually 2nd or 3rd weekend in July
- Module 4 – Online – 3rd Monday in August 6pm – 9pm
- Module 5 – Residential – usually 2nd or 3rd weekend in
- Module 6 – Online – first Saturday in Oct
- Module 7 – Residential – Last weekend of October

+ 3 month ongoing mandatory supervision.



## DEVELOPMENT MODULES

### Breath - The Foundation

- What is Breathwork – conscious connected/functional/pranayama
- Anatomy of breath
- Science of breath
- Breathwork and the emotional, physical, and mental body
- Breathing – The Autonomic Nervous System
- Breath Dysfunction & Diagnostics

### Facilitation – The Fundamentals

- Consent & Waivers
- Equipment and tools
- Contraindications
- The Body & The Emotions
- Reading a Breathing Pattern
- Acupressure Assisted Release
- Somatic Movement
- Personal care & grounding

### 1:1 Practitioner

- Conception/Planning/Advertising
- How to Prepare for a session
- Setting up space
- Environment & Intentions
- Managing Session Expectations
- How to Empower/Support Participants
- Timeline of a session
- Integration and Post Session Care

### Cases studies & Practical:

- What, why & where – the 20 cases studies explained
- Case Study – Training Protocol
- 1:1 Session v Block Sessions (4 or more)
- role of the Breath Buddy
- Self-Breathing / Self-Practice
- Reading Material – mandatory & optional



## DEVELOPMENT MODULES

### Being Trauma Informed

- Nervous System 101
- Polyvagal Theory
- Understanding Trauma In Clients post and pre session
- State not Story – Reframing Trauma
- Window of Tolerance
- Emotional Trauma & Emotional Release
- Emotional Health is Mental Health

### Music & Playlists

- Choosing music and creating playlists
- Flow of music and its part in the session
- Variations of musical intensity & why

### Personal Ethics

- Self-awareness & integrity
- Grounding – your internal environment
- Personal authority & boundaries
- Projections and reflections
- You are not the healer – client empowerment.
- Staying sovereign amidst chaos
- Additional module – Men, hands on & safety
- Breathwork as Medicine

### Additional/Bonus Modules – Personal Development.

- Breathwork is Shadow Work, your trauma, your healing
- Canva Master Class
- Intuitive Connection and awaking the inner knowing
- Empathy v Manageability – how to navigate





INTUITIVE  
BREATHWORK

# ARE YOU READY?

YOU'VE READ AND ABSORBED ALL THE INFORMATION IN THIS PACK,  
YOU CAN FEEL THE PULL,  
YOU KNOW ARE IN THE RIGHT PLACE!

Feel ready to step into Conscious Connected Breathwork, Self-Empowerment and the opportunity to master a profound and accessible modality?

**Apply to be part of this incredible modality here:**

<https://forms.gle/H1adZKKgWeiVa9YH9>