

# TRANSFORMATIONS

## THERAPEUTIC BREATHWORK TRAINING PROGRAM

### How to Conduct Successful Online Breathwork/Coaching Sessions

Jim Morningstar, PhD, with Laura Weber  
March 13 and 14, 2021 (4 hours each day)  
9:00am-1:00pm US Central Time

*Online breathwork coaching is here to stay!*

We are pioneering ways to make online breathwork safe, highly effective and profitable for you and your clients. This training program will help you build confidence and feel adept in working online.

We'll be covering:

- ~ The ethics and safeguards for practitioner/client interaction
- ~ Preparing clients technologically and psychologically before sessions
- ~ Teaching incisive breath awareness and modulation in a virtual medium
- ~ Increasing client retention with essential connectedness and rapport
- ~ Earning credits toward Therapeutic Breathwork™ certification

This interactive training will give you the confidence to conduct deep level work, training and live supervision online because you will experience it firsthand. The training is divided into two parts to allow for integration of each portion.

#### Part 1: Conducting Individual Breathwork Sessions Online

Part 1 focuses on the before, during and after of online breathwork sessions and includes:

- Practitioner tools to get the benefits of online work and avoid the pitfalls;
- Experiential exercises to enhance breathwork online;
- How to observe and supervise breathworkers in training working with clients virtually;
- Practice sessions so your new skills are integrated; and
- Example documents to teach clients how to use the virtual medium best, prepare for individual sessions and share important information before the session.

#### Part 2: Conducting Group Breathwork Sessions Online

Part 2 builds on the experience and confidence of Part 1, teaching the benefits and logistics of virtual group breathwork. It includes:

- The importance and practical applications of group work, along with the use of artwork, music and movement as group breathwork supplements.

- Experience creating, conducting and participating in online group sessions.
- An introduction to conducting online wet breathwork sessions.

Even if you are not called to do group or wet breathwork sessions as a practitioner, the experience of having exposure to them is invaluable in your training and opens doors for your creative exploration.

## Registration and Tuition

Registration: [Fill out the Registration Form here](#)

Tuition \$180, payable: (Early bird tuition before January 1, 2021 \$160)

- **Online at:** [https://www.paypal.com/paypalme/JimMorningstar?locale.x=en\\_US](https://www.paypal.com/paypalme/JimMorningstar?locale.x=en_US) or
- <https://transformationsusa.com/products.php>, enter tuition amount under: *Workshops and Trainings with Jim Morningstar, Ph.D.*
  - *Modules taken for Continuing Education (8 CE hours) add \$25.*
- **Send Check or money order** in USD to Transformations 4200 W Good Hope Rd. Milwaukee, WI 53209 USA.

## About Us

**Jim Morningstar, PhD**, is the Director of Transformations Incorporated in Milwaukee, WI., and has held licensure as a clinical psychologist since 1973. He is a clinical supervisor, seminar leader and has pioneered in the development of



Therapeutic Breathwork™. He founded the School of Integrative Psychology in 1980 and the Therapeutic Breathworker Training Program in 1990. He has authored five books in the field of Integrative Psychology. He is co-director of the Global Professional Breathwork Alliance. Jim teaches internationally and has trained virtually for years.

**Laura Weber** is an online coaching and breathwork trainer with over 2,000 coaching hours. She is trained as a holistic, somatic-based coach who is trauma-informed and has a variety of specializations, including women's empowerment and sexuality. She carries additional certifications as a yoga instructor, Movement for Trauma practitioner, Reiki practitioner and is part of the Therapeutic Breathwork Training Program. With experience in a traditional corporate environment and hunger for the healing arts, she brings a unique and accessible perspective to her teaching.



## Questions

Contact Jim at [info@transformationsusa.com](mailto:info@transformationsusa.com) or 414-351-5770.