TRANSFORMATIONS

**Therapeutic Breathwork Community Continuing Education Series**
**May-July, 2022**

## Returning to Our Selves:
## An Exploration of Breath and Body Awareness

Jayne Ader
May 12, 2022

Jayne Ader, supported by Lenny Delvecchio, will invite us through the dynamic tools of breathwork and body awareness to Explore our inner wisdom and come to a greater sense of trust in this wisdom as our compass.
In the simple mystery of the breath and body we can find a deep and profound sense of purpose in our lives. Many of us can feel pulled off track or separated from our beings by pain and challenges through which we have lived.
Breath and body awareness can bring us back to unity within ourselves and with our path.

In this Module You will be supported in:

- Lovingly connecting with your breath and body
- Exploring what it means to communicate with one's self and inner wisdom
- Beginning or deepening a journey of full being unification.
- In creating this depth of understanding within, creating a greater depth of compassion and respect for our client's inner guiding wisdom.
- The amplified sense of unity that comes from sharing with a group who is dedicated to their own inner knowing.

**Jayne Ader** has over 30 years of experience in supporting people in the process of tapping into their own innate wisdom. She utilizes the powerful tools of breathwork, bodywork, energy work, yoga and integrative psychology to help clients and groups move through their greatest barriers to living more fully. Jayne has extensive experience helping people who have lived through trauma to reintegrate back into their bodies and reestablish a trusting relationship with themselves. She holds a passionate commitment to deep healing in our community. Jayne is the co-founder and former co-executive director of CORE/ El Centro, a non-profit organization dedicated to creating access to all to the healing modalities of Integrative healthcare. She currently works part time as an integrative health coach at Aurora Walker's Point Community clinic and operates her own Integrative Healing business.

**Self-compassion Using the Breath:**
**When to be accepting and when to be fierce**

Lenny Delvecchio
May 28, 2022

Lenny Delvecchio, supported by Jayne Ader, invite you deepen your experience of breathwork as a tool to find peace and acceptance. Using the breath we can silence the inner critic and achieve what our heart desires; deep connection with ourselves helps to clarify our paths. Self-compassion isn't just about passive acceptance, sometimes its about being fierce in going for what we need and want. As we lower our stress levels, we increase our sense of wellbeing.

In this Module You will be supported in:

- Breathing fully and freely
- Feeling joy in your body and ways to expand that feeling
- Learning what self-compassion is and how to cultivate it for yourself & clients
- Stripping away the comparisons that distort your sense of authentic self
- Expanding your threshold for people "doing it right"
- Connecting with fellow breathworkers striving for their highest

**Lenny Delvecchio, LPC** is a psychotherapist who uses a body/mind/spirit approach in helping people live purpose-driven lives. He has over 10 years of counseling experience - currently working at Red Oak Counseling in Elm Grove, Wisconsin. He has led breathwork groups for over 20 years and has been a certified professional breathwork trainer for 3 years. His extensive, earlier career as a mechanical engineer in a large corporation helps him connect with all walks of life. Lenny is dedicated to increasing the amount and expression of love in our world.

**Integrating Our Inner Saboteur:**
**Moving from Shadow to Light**

Sherry Ward

June 9, 2022

The saboteur is one of four survival archetypes each of us possesses. The saboteur has been labeled "The Guardian of Choice" by Caroline Myss in her archetypal work. When our inner saboteur is working from the shadow our choices are inhibited by fear and low self-esteem resulting from negative and limiting beliefs and self-sabotaging behavior patterns. These choices made from the shadow block our empowerment and success in our life. These blocks can be seen in our relationship with self and others, in our personal life, professional life, inner life, and spiritual life. Our journey in this class is to begin to recognize our inner saboteur and how it operates from the shadow in our life. This will be done in the safety of our group with our cohort as loving witnesses to our experience. We will explore use of bioenergetics and breathwork for increasing our awareness of our fears, identifying our limiting beliefs, and releasing patterns of thought and behavior that no longer serve us. Our goal is to embrace the light side of our saboteur to become a co-creator with our saboteur through discernment not condemnation. As co-creators we can become lovers of self, discerners of truth, and supporters of conscious choice.

- Exposure to archetypes and the four survival archetypal patterns as part of our inner landscape
- Recognizing and labeling our Saboteur
- Identification of self-limiting beliefs and self-sabotaging behavior patterns
- Bioenergetic exercise for release
- Guided imagery for opening the heart Chakra
- Use of the Complete Breath for inner and outer alchemy, connection, and peace

Sherry Ward MS, LPC, CSAC, RN has spent the past 45 years in healing professions initially as a registered nurse and today as both a registered nurse and licensed therapist. Over the past 14 years her definition of healing has broadened through her personal and professional work with Transformations. Sherry graduated from Transformations School of Spiritual Psychology and is a certified breathworker. Sherry's healing work embraces her traditional training, spiritual training, breathwork, and energy work. Sherry has a private counseling practice in Burlington, WI, Integrations for Healing. Sherry's appreciation for her personal and professional growth through her work with Transformations keeps her passionately engaged with Transformations.

# Taming the Dragon:
## Core Shamanic Breathwork Techniques for Healing and Soul Retrieval

Tamarack Song
June 23, 2022

The first item on a Shaman's job description is **Soul Retrieval,** which is journeying into a fractured psyche to bring it back together, so the client can again function as whole mind-body-spirit being. Trauma recovery, inner child healing, and exorcisms are soul retrievals.

To prepare for a Soul Retrieval, the shaman must **Tame her Inner Dragon***,* which is the ego and its puppet, the mind. Together they perpetuate the us-them dichotomy that can keep the shaman separated from her client.

Preparation is everything — the shaman must free herself of all stress and thoughts of separation before embarking on a Soul Retrieval. In this workshop, Tamarack Song teaches you how to do both with these highly-effective conscious breathing techniques that have been used by traditional shamans for thousands of years:

1. **Deep Breath Facial,** to calm the senses, all of which are centered on the face; and to relax the sympathetic nervous system, which regulates the flight-flight response.
2. **Stress Breath**, which uses muscle tension and intense breathing to regulate the parasympathetic nervous system, which governs basic metabolic functions and is typically hard to control.
3. **Green Lung Breathing**, which bridges separation by meditatively connecting with the other half of our lungs, which is green and hangs from the trees around us.

Once the three-step preparation is completed, the shaman chooses the appropriate journeying method for the Soul Retrieval. Tamarack briefly covers two traditional methods: **Dragon's Breath** and **Trance Dance**.

**Tamarack Song** is executive director of the Healing Nature Center and cofounder of Healing Nature Trails. He is pursuing doctorates in Integrative Psychology and Applied Shamanic Studies, and he has academic training in Trauma Healing, Stress Management, Ethics, Therapeutic Breathwork, Conservation, and Nonprofit Corporation Management. He learned about the healing powers of Nature through academic study, apprenticing to Native shamans and herbalists, living with a pack of wolves, and residing in the wilds for most of his life. He is the author of *Breaking the Trauma Code, The Suicide Prevention Handbook, Trance-Trauma Release, Wilderness Stress and Trauma,* and *Your Spirit Animal Guides*. The founder of the Teaching Drum Outdoor School, he has taught herbalism, indigenous living skills, and dreamwork for forty years

# Your Rich Solo Breath Practice:
# Thriving on your own spiritual path as a breathworker

Kate Becker

July 14, 2022

As breathworkers or helpers in the field of wellness, the depth and consistency of our own process can often end up on the back burner. This is coming in part from a deeply engrained cultural value of martyrdom: help others and engage our own spiritual experience in the leftover time, not at all, or only when we reach a kind of crisis. It is common that we leave ourselves out of the loop of care that we provide for others. This is not a matter of fault, inadequacy or failure; just part of the inherited psyche that we have the agency to shift, for ourselves, and the greater world around us.

How can we consistently, lovingly, and enthusiastically practice the art and skill of breathwork for ourselves, rendering us powerful cultivators of unconditional love that we can then radiate and offer to our communities as a healing service?

It can be hard to stay on top of managing our businesses, our own daily maintenance, our relationships with others, and all of the other ongoing tasks of life *and also* have a deep and meaningful surrender practice that puts us in alignment with our greater purpose and our most helpful resource: the direct energy of life in fullness.

We live in a world where the value of our spiritual lives can often live on the fringe of "productivity." This can cause us to feel lost, behind and overwhelmed. Even as breathworkers, we can sometimes feel like we're drowning in the minutia of life and longing for the full wealth of spirit. In this workshop, we will reinforce a primary message to our tired minds:

"We are not beggars on the periphery of source. We are the brilliance and the love that we seek."

We will:

-Do some breath and meditation exercises to help identify what you most need to enrich the quality of your personal breathwork practice.

-Look at practical ways to get the most out of your solo-breathing practice; **being the most powerful and loving breathworker that you can be**, for yourself.

-Examine the role of **community** in the health of our spiritual lives, with an introduction and invitation to a daily online breathwork community.

-Discuss hatching a plan: what enlivening **routine** can you design for yourself, so that you can walk hand in hand in the rich companionship of spirit?

Kate is a level 4 Therapeutic Breathworker, trained in Milwaukee, WI, through Transformations Incorporated and her five year mentorship with Jack Fontana. Kate teaches Kundalini Yoga, Ecstatic Dance and Improvisational Voice Meditation. She lives and works in New Orleans, LA.

**Affirming a Meaningful Life Statement:**
**Planning for success as a breathworker**

Shakoor Lee

July 28, 2022

Practicing what we preach as a breathworker mean more than just using the breathwork technique ourselves. It means leading a holistically prosperous life, i.e., using our signature strengths to interact with our clients and our community in ways that nurture and support us as well as them and have this be directly connected to our soul's contract of helping create fulfillment for everyone on the planet. In this the final course of our series, you will build the mental, emotional and spiritual container to put into action your blueprint for success over the next year. You will have a shorthand daily reminder to automatically re-stimulate your nervous system to stay on course. Plus you will have guiding principles and the power of breathwork to put the wheels of manifestation in motion right in the class. You will embody your vision in the past, present and future to insure every element of your psyche is on board with affirming and manifesting living your life purpose.

You will take away from this class:
~ A powerful and compelling framework for living your purpose.
~ Principles to help you with manifesting goals for all years to come.
~ Specific and detailed plans for living your heart's desire as a breathworker.
~ Breathwork tools for helping to empower your clients in living their purpose.
~ An experience of community support that lasts well beyond this series.
~ Steps to completion of the level of breathwork certification to which you aspire.

Sharon Shakoor Lee,PhD, has been a practicing nurse, counselor and breathworker for decades in Milwaukee. She has taken leadership as a woman of color in bringing needed support to communities lacking in medical and mental health services. She is a graduate of the School of Integrative Psychology and a teacher of Therapeutic Breathwork to professionals and non-professionals. Her calming and accepting presence is a hallmark of all her healing work. She is a natural teacher and exudes the qualities of compassion and trust that inspire students of all ages.

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