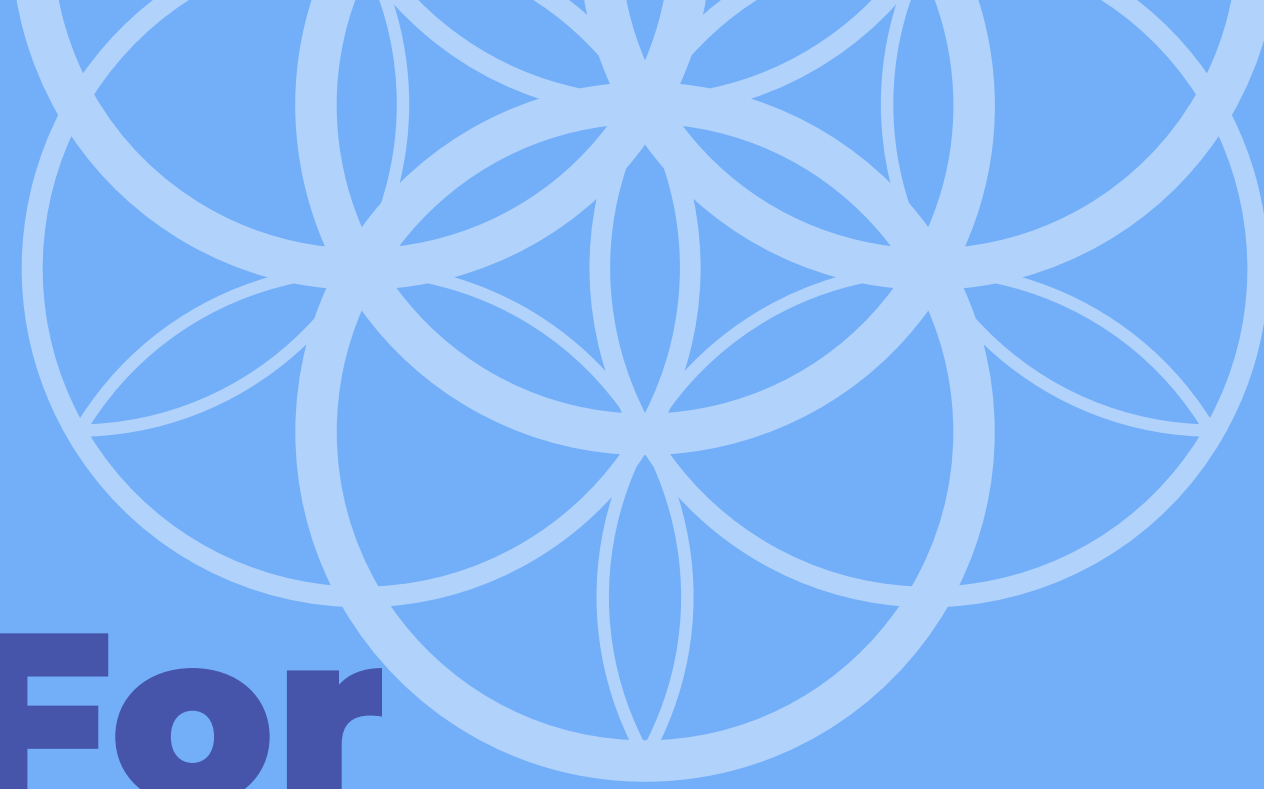


SD Facilitator Breathwork Training

# **Module 7**





# Facilitator Guidelines For Sharing Breathwork

## INTRODUCTION

Are you feeling ready to start sharing breathwork with others? This module will guide you through essential best practices, tips, and recommendations to help you facilitate breathwork confidently, safely, and effectively.

Now is the time to put your skills into action! You'll have the opportunity to practice facilitating breathwork sessions—both within our online community and in your own local community. As you progress, we'll also explore the business of breathwork, your personal motivations, and how to align your heart and mind to share this work with authenticity and purpose.

## Module 7 Section A

# Creating a Supportive and Safe Environment

## IN-PERSON AND ONLINE

Create a non-judgmental, welcoming space where participants feel safe to explore their breath and express emotions freely. This may include laughter, tears, movement, or self-touch, all of which are natural responses to breathwork.

Before the session begins, clearly explain that physical sensations and emotional releases are a normal part of the experience and are fully welcome. Encourage participants to honor their own process, reminding them that they are always in control. If at any point they feel overwhelmed, they can adjust their breathing to a more comfortable rhythm.

Some participants may feel hesitant or even fearful about facing certain emotions. Let them know that it's okay to move at their own pace—breathwork is an invitation, not a requirement. The experience unfolds differently for everyone, and there is no right or wrong way to engage.

**Ensuring a safe experience** for your clients/participants needs to be a top priority. As a breathwork facilitator, it's important to:

**Understand and clearly communicate** the potential contraindications and effects of breathwork.

Have participants acknowledge their understanding of these considerations. A waiver form—whether signed physically or digitally—is a best practice to confirm that participants take personal responsibility for their experience. Example breathwork safety waiver form available at the **Resources - Section**

**Encourage participants** to seek medical guidance if they have any concerns about their health.

**Reminder:** You are not a medical doctor (unless you are!). So be careful to make it clear to participants that you cannot provide medical advice. You can share your knowledge, expertise, experience, and professional opinion, but always make it clear that they are not a substitute for professional medical guidance. If a client has health concerns and health conditions that could affect their participation in your offerings, advise them to seek the advice of their healthcare professional or doctor.





# Contraindications for Breathwork

Breathwork practices can offer profound benefits, but there are certain contraindications that breathwork facilitators should be aware of and communicate to their clients. It's also important to note that most people can access a breathing practice, but just need it modified to be accessible and safe for them. For example, breathing through the nose, and not performing long breath holds can provide a more gentle experience, while still delivering benefits.

Where possible, facilitators should clearly communicate these contraindications. Modifying or avoiding certain techniques can ensure a safer, more beneficial experience for those with potential risk factors.



## Module 7 Section A

### Some breathwork contraindications include:

**Cardiovascular Issues:** Individuals with high blood pressure, heart disease, or a history of heart attacks should exercise caution, as certain breathwork techniques can place additional stress on the cardiovascular system.

**Respiratory Conditions:** People with severe asthma, chronic obstructive pulmonary disease (COPD), or other significant respiratory issues may experience difficulty or exacerbation of their conditions during breathwork practices.

**Mental Health Concerns:** Those with a history of severe mental health issues such as schizophrenia, bipolar disorder, or psychosis should be cautious, as intense breathwork can sometimes trigger psychological episodes.

**Seizure Disorders:** Individuals with epilepsy or a history of seizures may be at risk, as certain breathwork techniques can provoke seizures in susceptible individuals.

**Pregnancy:** Pregnant women should avoid certain breathwork practices, especially those that involve intense breathing, breath retention, bandhas, or physical exertion, as these can pose risks to both the mother and the fetus.

**Recent Surgeries or Injuries:** Those who have recently undergone surgery or have significant physical injuries should avoid intense breathwork that could exacerbate their condition or interfere with the healing process.

### Glaucoma or Detached Retina:

Certain breathwork techniques that involve intense pressure or straining can increase intraocular pressure, which may be harmful to individuals with glaucoma or a detached retina.

**Severe Osteoporosis:** Some breathwork practices that involve physical movements or positions may pose a risk to individuals with severe osteoporosis due to the potential for fractures.

**Use of Psychiatric Medications** – Some breathwork styles can alter brain chemistry and interact with medication.

**Severe Anxiety or Panic Disorders** – Some forms of breathwork (e.g., rapid breathing) may trigger panic. Ironically, rapid breathing can and does offer powerful relief for many individuals with panic disorder and anxiety.

# Your Role as the Breathwork Facilitator

It's important to clarify your role as the facilitator and set boundaries around touch. Ask your clients/students if they're comfortable with being touched during the session and discuss potential areas where touch might be used for support or guidance. Be sure to always ask for permission before offering any physical assistance, and always begin with verbal cues before any touch is introduced. Also, remember that touch is very powerful and is the sense associated with the heart chakra. So when we do touch, be aware of consciously coming from the heart.



## Module 7 Section B

### Setting Expectations for the Experience

Provide participants with an overview of what they might experience during the session. Let them know that it's normal to experience yawning, sighing, sounds, movement, tetany (muscle spasms), tingling, or light-headedness. This helps set them up for any sensations that may arise, reducing any fear or uncertainty.

### Intention Setting

As the facilitator, hold a clear intention for the session, such as: *"May each participant receive what they need from their higher self."* Encourage participants to also set their own personal intention. Ask them to reflect on what they would like to gain from the session, which can help them feel more present and open to the experience. This intention helps participants ground and focus their energy during the session.

### Observe Without Intervening

Allow participants to fully experience their emotional or physical releases without interruption, unless they express a need for assistance. Resist the urge to "fix" or overly guide the experience; trust in the body's innate wisdom to release tension at its own pace.

Your role is to encourage and support the process. Gently remind participants to stay connected to their breath, emphasizing the nourishing and healing power of the breath. Reassure them that they are in control of their experience and that you are not there to push them beyond their comfort zone, but to offer guidance and encouragement. If the intensity becomes too much, they can always ease out of the breath to a more comfortable rhythm.

### Offer Gentle Support and Information About What to Expect

Utilize grounding techniques to





## Module 7 Section B

help participants stay present and connected. Encourage them to focus on their breath or feel their feet grounding into the floor. You can also guide them to place their hands on their body, one on the abdomen and one on the heart, fostering a sense of safety and connection.

Invite them to feel the emotions rising in their body and guide them to allow emotions to flow into the heart, where they can be released, surrendered into the heart and integrated. This process can allow for deeper emotional healing and alignment with the body's natural energetic flows, and help awaken a deeper connection to one's own powerful inner guidance and spiritual essence.

### **Examples of Adapting Techniques in Specific Situations**

Encourage deep belly and diaphragmatic breathing, but understand that some participants may find this challenging. This difficulty can stem from years of improper breathing habits or even trauma that has led to dysfunctional breathing patterns. For these individuals, learning to breathe fully into the abdomen may be the first step in their healing process.

As you observe their breathing, use your knowledge of functional vs. dysfunctional breathing and the bands of tension to assess how the client is breathing.

You can assist by offering verbal cues to guide them, and if necessary and with their consent, use touch to help bring awareness to their abdomen or chest. Always ensure you have clear permission before touching, and let them know where you plan to touch.

### **Staying Within Ethical Boundaries**

As a facilitator, it's important to recognize your role as a guide, not a therapist (unless you are a trained therapist). If a participant appears to be unlocking trauma beyond what can be managed in the session, gently suggest that they consider additional therapeutic support to explore those experiences further.

### **Guide With Verbal Reassurances**

Offer gentle verbal reassurances to help participants feel safe and supported. Examples include:

*"I am free to feel my feelings."*

*"I trust my body and its innate wisdom to guide me."*

*"I am safe in my body."*

## Module 7 Section B

*“I allow myself to flow with the rhythm of my breath and the intelligent life force within.”*

These affirmations can help participants release tension and deepen their connection to the process, encouraging them to trust and surrender to the experience. Here are some additional concrete examples from well-known breathworkers and their approaches:

### **1. Dan Brulé – Gentle Authority in Tone & Simplicity in Words**

Dan Brulé, a pioneer in breath mastery, uses a calm yet confident tone to instill trust in participants. He often repeats simple phrases like:

*“You are safe. You are supported. Just let the breath carry you.”*

His delivery is slow and rhythmic, mirroring the breath cycle, which helps participants surrender to the process.

### **2. Leonard Orr – Reassurance Through Repetition**

In Rebirthing Breathwork, Leonard Orr would use gentle affirmations in a soothing voice to dissolve fear and resistance:

*“Everything that arises will dissolve. Just stay with your breath.”*

His intonation was soft and steady, helping participants feel held as they navigated deep emotional releases.

### **3. Stanislav Grof – Setting the Stage for Deep Experiences**

While guiding Holotropic Breathwork, Grof and his trained facilitators use intentional pauses and grounding statements like:

*“Whatever arises, trust that your breath knows the way.”*

This slow, deliberate delivery reinforces a sense of surrender and allows participants to drop deeper into their experience.

### **4. Giten Tonkov – Somatic Breathwork and Safety Through Words**

Giten Tonkov, the founder of BioDynamic Breathwork, places a strong emphasis on safety and titration. He frequently reminds participants:

*“Take your time. No rush. Let your body set the pace.”*

This slow, steady delivery ensures participants do not feel overwhelmed.

### **5. Wim Hof – Energizing Tone for Activation**

Unlike others, Wim Hof’s guidance is more energetic and motivational:

*“Fully in! Let it go! Feel the breath like a wave”.*

His enthusiastic and strong voice creates a sense of empowerment, which helps participants move beyond their mental limits.

Module 7 Section C

# **Establishing The Tone and Pace For Your Breathwork Sessions**



## Example Phrases for Guiding Breathwork Sessions

These phrases are crafted to emphasize ease, safety, conscious intention, and exploration, which help create a feeling of being held and guided by one's own breath and body, as well as the facilitator. Use phrases that gently encourage participants to surrender to the guidance of their breath and body.

### Opening the Breathwork Session

Creating a Sense of Safety & Trust

(Use a slow, warm, and reassuring tone to help participants settle in.)

- *“Take a moment to arrive here...and just settling in.... Feel the ground/Earth beneath you, supporting you. Gently notice your breath.”*
- *“Throughout this practice, allow your breath to be your guide. There’s no need to force or control—just let the breath and body lead the way.”*
- *“With each inhale, feel the breath fill your belly, rising up like a wave through the chest and head in a smooth, wave-like motion. And with each exhale, simply let go, allowing any tension to melt away.”*

These phrases are designed to calm the mind and center the body, helping participants feel more grounded and ready to surrender to the experience.

### During the Breathwork

Encouraging Surrender (Speak in

a rhythmic, steady voice that matches the breath cycle.)

- *“Breathe in fully, from the bottom to the top... and let it go. Let each breath flow into the next, like a wave, with no pause in between.”*
- *“Allow each breath to be an exploration—how fully can you breathe in, from bottom to top, without any force or strain? Let it be a gentle unfolding, the breath opening and washing through your body, restoring body and mind..”*
- *“Just breathe... and let the breath and the sensations wash over you, like receiving an oxygen bath—a cleansing, healing flow just washing through.”*
- *“If emotions arise, allow them to flow and express naturally as part of your experience. Safe to laugh, to cry, and free to feel*

## Module 7 Section C

- *whatever comes up. I am free to let go and go with the flow of my body and breath and the intelligent life force within, that knows how to gently guide me into deeper states of well-being.*

These phrases encourage a gentle surrender, allowing participants to feel free and supported as they journey through the session.

Now consider your own phrases that feel good to you. For example how would you speak to your own body to awaken a deeper awareness, healing and self trust?

### **When Participants Face Resistance or Discomfort**

(Soften your tone, elongate your words to promote ease.)

- *“It’s okay to feel my feelings. To laugh, to cry, to move, to touch.*

- *Whatever is present is welcome—to be heard, to be felt, to be released in this healing space. I am safe to feel my feelings. Safe in my body..”*
- *“If the breath feels strong, meet it with softness. There’s no need to overthink it. Let your body set the pace.”*

### **Closing the Session**

Integration & Grounding (Slow and smooth your speech a little more. Create spaciousness between words.)

- *“Now, gently allow your body to find its own natural rhythm of breathing, easing into a gentle flow through your nose (if you’ve been breathing through the mouth).”*
- *“Just relax now... Relax, feel, and allow your body and being to absorb all the benefits of your practice today.”*
- *“Notice how your body feels now—maybe a little lighter, a little clearer...”*
- *“Take this sense of ease with you, knowing it is always here, always within.”*

These phrases encourage softness and gentle integration, allowing the session to come to a peaceful and grounding close.

## Module 7 Section C

### Integration After the Session:

**Hold** space for participants that might want to share their experiences within a non-judgment environment without interpretation. Also allow for questions.

**Remind** them that emotional and physical releases are part of the journey and are signs of accessing deeper levels of awareness of feelings, including healing, finding a discovering a new balance in body and mind.

**Encourage** hydration, rest, and grounding activities after the session to support recovery, such as lying on the Earth, going for a walk, doing some yoga, drawing, taking a warm bath, or whatever feels good for them as part of integrating their experience.





# The Role of Music in Breathwork Journeys

Music has the power to shape the breathwork experience, acting as both a guide and a container for inner exploration and expression through movement and sound. Sound influences our nervous system, brainwave states, and emotional landscape, creating a bridge between the conscious and subconscious mind. When carefully chosen, music can enhance breathwork by deepening presence, supporting emotional release, and facilitating altered states of awareness.

# Music as a Guide for Breath and Rhythm

The rhythmic nature of breathwork can be amplified by sound. Certain tempos naturally encourage a steady, intentional breath, while others allow for more fluid and intuitive breathing patterns. Drumming, for example, has been used in various traditions to entrain the nervous system into a trance-like state, supporting deep introspection and healing.

## Emotional Release and Energetic Shifts

Music has the ability to unlock emotions stored in the body, allowing for their safe expression and release. A well-curated playlist can take the breather on a journey—from grounding and centering to catharsis and, finally, integration. Soft, harmonic tones help the system relax, while more dynamic and expansive sounds encourage movement and transformation.

## Brainwave Entrainment and Expanded Awareness

Certain frequencies and soundscapes, such as binaural beats or overtone singing, can support shifts in consciousness. These sounds help synchronize brainwave activity, making it easier to access meditative and altered states. When combined with breathwork, this can lead to a profound sense of interconnectedness and expanded perception.

## Silence as Integration

Just as music enhances the breathwork journey, silence plays an equally

When selecting music, ensure it aligns with the intended energy and flow of your breathwork sessions. Always review the licensing agreements to confirm that the tracks meet your specific usage requirements.

## Module 7 Section D

vital role. Moments of stillness between tracks—or at the end of the session—allow the body to integrate the experience fully. The nervous system recalibrates, and the insights gained can settle into the subconscious, ready to emerge into conscious awareness when needed.

By consciously selecting music that aligns with the intention of the breathwork journey, practitioners can create a deeply immersive experience that supports greater self-awareness, healing, transformation, and self-discovery.

Selecting the right music is essential for creating a transformative breathwork experience. Here are five reputable platforms offering royalty-free music suitable for breathwork sessions:

### **Pixabay Music**

Pixabay offers a vast library of royalty-free music, including tracks specifically curated for meditation and breathwork. These tracks are available for free download and can be used in various projects without attribution. Pixabay

### **ZENmix – Breathe Music Pack**

ZENmix provides a collection titled 'Breathe,' featuring over six hours of meditation music designed for breathing exercises. This pack is available for purchase and comes with a royalty-free standard license, allowing use in personal and professional settings. ZENmix

### **Storyblocks**

Storyblocks offers a comprehensive library of stock audio, including tracks suitable for breathwork and meditation. While it requires a subscription, users gain unlimited access to a wide range of royalty-free music and sound effects. Storyblocks

### **Bandcamp**

This platform features a variety of artists and albums that can be purchased and downloaded. Tracks are available for streaming and purchase. Bandcamp

### **Fiverr (fiverr.com)**

Find independent artists to create custom royalty-free breathwork music. Purchase pre-made tracks directly from musicians.

Budget-friendly options for exclusive and non-exclusive licensing so you can use music with proper licensing for Youtube and videos.



# How Will You Share Breathwork With Others

## STEPPING INTO YOUR ROLE AS A BREATHWORK FACILITATOR

As you embark on your journey as a certified breathwork facilitator, take a moment to reflect on your deeper purpose. What is your personal intention in sharing this work? Is there a specific community or group that resonates with you—one you feel called to support through breathwork?

## Module 7 Section E

### **The Power of Selfless Service: Karma Yoga**

Have you considered offering some of your expertise as a gift to others? Sharing breathwork freely with individuals or communities in need can be a profound way to serve while also introducing more people to your work. This practice, known as Karma Yoga, is the path of selfless action—offering service without attachment to personal gain.

Rooted in the teachings of the Bhagavad Gita, Karma Yoga encourages us to act with pure intention, free from ego or expectation. By doing so, we cultivate inner freedom, deepen our connection to our purpose, and align with something greater than ourselves. And, in a practical sense, giving in this way can also help build trust, expand your reach, and allow potential clients to experience the transformative power of breathwork firsthand.

### **Resources For Developing your Breathwork and Wellness Business**

Do you have a wellness business? A website? How do you and how can you get the word out about your offerings to find clients? Here are some of the best websites – that I have also used – for getting some actionable methods and strategies for building a business:

**1. HubSpot Blog** ([hubspot.com/blog](https://hubspot.com/blog))

**2. Neil Patel's Blog** ([neilpatel.com/blog](https://neilpatel.com/blog))

**3. Indie Hackers**  
([indiehackers.com](https://indiehackers.com))

**4. SCORE (score.org)**

get free business mentoring and templates.

**5. Google Digital Garage**

Covers SEO, social media, Google Ads, and business analytics.

**6. Link Trust Pilot, Google Reviews or other review services to your website** to help get more traffic and build customer confidence

**7. Insurance for yoga teachers and wellness professionals:**

**Yoga Alliance** offers good insurance coverage at affordable group rates.

**CM&F Group** offers professional liability insurance tailored for health and wellness professionals. They boast an A++ rating and a 4.8/5 customer satisfaction score. Clients appreciate their outstanding customer service,



## Module 7 Section E

direct contact lines, and efficient claims management.

Hiscox provides comprehensive liability insurance for fitness professionals, covering malpractice suits, cybersecurity incidents, and client property damage. They specialize in coverage for holistic health practitioners, understanding the unique risks associated with the field.

