

BREATHWORK FACILITATOR TRAINING

SOULBODY
BREATH®

A 180 Hour Trauma-Informed Training

August - December 2025
Online and In-Person near Berlin

WWW.SOULBODYBREATH.COM





WELCOME

I am so excited that you've decided to explore becoming a breathwork facilitator with SOULBODY BREATH®.

Detailed inside is everything you need to know about this trauma-informed training.

We take breathwork seriously, and have created a comprehensive, professional training which will help you help others. It begins with supporting you on your personal growth journey, so you can serve from a place of integrity and heart.

The world needs more people just like you, who are offering transformational spaces for healing and growth.

Whether you're a teacher, coach, guide, therapist, or someone who's staying curious, this training will impart the deep wisdom, complexities and sacredness of the breath and human transformational process, so that you are capable and confident to become a guide in healing spaces, with the breath as your ally.

Our mission is to guide people back to their hearts and reconnect with their soul, one breath at a time.

Our vision is to up level the breathwork space by bringing Love, integrity and intention to everything we do, so we can contribute to raising the vibration of the planet.

OUR CORE *Values*

Uphold the highest ethical standards in all interactions, teachings and practices.

INTEGRITY

EMPOWERMENT

Empower individuals to be their own master and take control of their well-being through the practice of breathwork.

Honour the lineage of breathwork, and all teachers that shared before. Be open to new techniques, ideas and specific advancements. Respect for all interactions with people, the planet and Spirit.

RESPECT

COMMUNITY

Community is held as a source of collaboration and connection, promoting the benefits of breathwork for collective healing and transformation.

THE SYLLABUS

AN IN-DEPTH TRAINING

Module 1: The Fundamentals of Breathwork

Discover the basics of the breath and breathwork, the anatomy and physiology of the respiratory system, the history of breathwork and its evolution into what we know it as today.

Module 2: The Nature of Breathwork

Gain a deep understanding of functional breathing and the influence of conscious breathing on the body, including sensations, contraindications and bodily responses. Learn about client suitability the intricacies of altered states of consciousness and how to support clients through extraordinary experiences.

Module 3: Ancient Wisdom

Ancient wisdom is woven through the fabric of all breathwork schools. We will focus specifically on the yogic lineage, and start to weave the red thread from this ancient wisdom - including energy centres (chakras) and kundalini energy - to how we understand energy and the body today. You'll also learn a multitude of pranayama practices to start facilitating breathwork straight away.

Module 4: Breath Mastery

Become a true master of your breath through various breathwork techniques, and gain insight and understanding into how building a relationship with the breath can help people master their lives.

Module 5: From Trauma to Trust

It's not enough to just 'know' about trauma. We need to embody a trauma-informed approach and learn the skills to support clients in their moment of need. You'll learn how to decode the nervous system, the role of somatics, and receive tools to offer clients at the right time to best support them.

Module 6: Facilitating Breathwork

Deep dive into how to facilitate a breathwork journey for 1:1 clients, couples and groups. You'll learn how to facilitate conscious connected breath and SOULBODY BREATH®, and how to craft your journey using music, storytelling, themes, and additional supportive tools. You'll discover how to use the power of your voice to share with meaning, and understand the balance between technicalities, practicalities and facilitating with heart.

Module 7: The Art of Holding Space

Holding space is a skill that is much more than a typical "teacher/student" dynamic. Over 12 hours are dedicated to understanding the fundamentals of holding space, including how to create and strengthen your containers, set clear boundaries, and navigate challenges.

Module 8: The Code of Ethics

Ethics, consent, confidentiality, conflict of interest, ethical decision-making, ethics in communication...are all non-negotiables when working in service of others. Clients step into growth work when they are at their most vulnerable, and facilitators must uphold the code in alignment with our core values and heart.

THE JOURNEY

Our journey starts with theoretical calls with experientials woven in. In between calls, you will connect with your peers and start to teach basic practices right from the beginning.

By the time we arrive at the in-person immersive, you will be fully equipped for bigger experiences like SOULBODY BREATH® and conscious connected breathing. The immersive is time for deeper connection, practice, creativity, refining your craft and establishing your presence as a facilitator.

Afterwards, your 1:1 calls begin with Jenni to really dive into your gifts and support your personal transformation as you embrace this new role as a breathwork facilitator.

Certification requirements can begin alongside these calls, and you have 3 full months to complete everything. During these months, Jenni will arrange some open hours and check in calls to best support you.

Opening Circle Online Evening	Friday 1 st August
Module 1 & 2 Online Weekend	Saturday 2 nd & Sunday 3 rd August
Module 3 & 4 Online Evening	Sunday 17 th August
Module 5 Online Weekend	Saturday 6 th & Sunday 7 th September
Module 6 Online Evening	Sunday 21 st September
Module 7 Online Weekend	Saturday 4 th & Sunday 5 th October
IN-PERSON FACILITATOR IMMERSIVE	Friday 7 th - Friday 14 th November
Module 7 & 8 Online Weekend	Saturday 6 th & Sunday 7 th December
Certification Call Online	Wednesday 10 th December
Graduation Ceremony Online or In-Person	Saturday 21 st February

THE IN-PERSON IMMERSIVE

Friday 7th - Friday 14th November

LOCATION

The in-person immersive will take place at a location near Berlin.

WHAT TO EXPECT

This is an immersive experience that offers space for connection, reflection, deep learning and sharpening your skills. It is a week for you to press pause on every-day life, and give your full attention to yourself and your peers.

A day might look like:

08:00 - 08:45	Morning Yoga (optional)
09:00 - 09:45	Breakfast
10:00 - 12:30	Theoretical Workshop
12:30 - 14:00	Lunch
14:00 - 17:30	Practical Workshop
17:30 - 19:00	Free Time
19:00 - 20:00	Dinner
20:00 - 21:00	Evening Activity (optional)

ADDITIONAL COST

The immersive is an additional cost of €1000 - €1200. This includes 7 nights of accommodation, all meals and snacks, additional materials and energy exchange.

Payment plans are available to suit your needs.

YOUR 1:1 SUPPORT

BECAUSE PERSONAL GROWTH IS A PRIORITY

Jenni is committed to resourcing you in every way to become the facilitator and space holding you're called to be. As with any transformation, it starts with cleaning up your energetic field first. So that you can feel rock solid in yourself, clear on your direction, and confident in your new role as a breathwork facilitator. That's why there are 8+ hours dedicated for your personal support.

01

COACHING & MENTORSHIP CALLS

You will receive x4 60 minute coaching and mentorship calls with Jenni to help you get clear on what might be getting in your way, how to refine your personal craft, get clarity on your business and vision and discover your next true step.

02

DEEP DIVES

You will receive x2 2 hour deep dive sessions with Jenni, which include coaching and a breathwork journey (either conscious connected breath or SOULBODY BREATH®). In these calls, you will experience the power of 1:1 work with clients, as well as find support for your personal growth journey.

COMMUNITY & CONTINUED EDUCATION


CULTIVATING COLLABORATION OVER COMPETITION

The intention behind this training is to provide a space where like-hearted people can continue to grow together. Where bonds are formed, and entrepreneurial life doesn't feel so lonely. After graduation, you will always be connected to the SOULBODY BREATH® Community. This includes access to regular community calls for connection and support, and continued education on subjects that the community has requested.

Your voice will be heard.

If you sense a gap in your knowledge and want further support, the community is the place to share and receive that.

As we grow, you can look forward to annual retreats and community gatherings to support you in your leadership, space holding and facilitation.

A woman with brown hair, wearing a dark grey crop top and white wide-leg pants, is in a squatting position on a light-colored wooden floor. She has a black and white checkered hair clip in her hair and is looking down with her hands held out flat, palms facing down, just above the head of another person. The second person is lying on their back on a brown, textured mat, with their head resting on a small wooden block. The background shows a white wall with a radiator and a window with a white frame. The overall lighting is soft and warm.

To hold space is not to lead or to follow, but to stand with—
steady, present, and open—so another can meet themselves
more fully.

CERTIFICATION & GRADUATION

In order to become certified as a SOULBODY BREATH® Facilitator, 100% of the requirements below must be fulfilled. This is a comprehensive training, and it's crucial that you are able to keep a steady pace of learning and 100% participation. Throughout the training, you will have the support to stay on track and to overcome any challenges that arise.

ATTENDANCE

There might be times where you are unable to attend a call due to personal reasons such as illness or family. At SOULBODY BREATH® we trust you to make the best decision for yourself and those involved. To offer some guidance, ideally you are able to:

- Attend 80% of the online training calls live.
- Watch the replay of any missed calls.
- Attend 100% of the in-person immersive.

PRACTICE SESSIONS

Practice sessions are your chance to put your newly learnt skills into action. They are meant to be messy so that you can start to feel into your own style as a facilitator, and to be supported through your own personal assessments and client feedback.

- Complete x2 practice sessions with your peers.
- Complete x10 practice sessions with your friends and family.
- For every practice session, you must:
 - Submit a self-assessment report. This is for Jenni to better understand where you think you are, and the direction that you want to grow.
 - Ask your clients to submit a feedback report. This is for your eyes only.

FINAL EXAM

- Score 90% on the written exam.
- Submit a 1:1 breathwork session and include a report on the session.
- Submit a group breathwork session and include a report on the session.

ADDITIONAL SUPPORT

- Complete all x4 1:1 coaching and mentorship calls with Jenni
- Complete x2 deep dives with Jenni

ADDITIONAL REQUIREMENTS

- Be an active participant in calls, buddy groups and assignments.
- Embody the SOULBODY BREATH® ethos throughout the training and beyond.
- Read x2 required reading books.



GRADUATION

After our final call in December, you will have 3 months to complete all of the requirements for certification. During this time you will have the support of Jenni and your peers to keep you on track.

Our graduation ceremony will take place on Saturday 21st February in the afternoon. There will be an option to join online or in-person in Berlin.

For those joining in-person, we will have the opportunity for deeper connection with a celebration dinner after the graduation ceremony.

You will receive an official certificate either at the in-person ceremony, or in the post, as well as a digital version.

IMPORTANT INFO

The intention of this training has always been to create a curriculum steeped in knowledge, offer immense value and grow a community of breathwork facilitators who are committed to collaboration over competition, continued education and connection. Jenni strongly believes that trainings like these should be accessible for those who feel called to serve in this way, without anybody feeling that there needs to be sacrifices in order to make it happen.

Following that belief, the investment, scholarship and affiliate was decided.

INVESTMENT

A deposit is required to secure your spot. Investment and payment plans for the 2025 SOULBODY BREATH® Facilitator Training are as follows:

- One Time Payment of €1800
- 3 Monthly Payments of €400
- 5 Monthly Payments of €266 + 1 Monthly Payment of €270
- 8 Monthly Payments of €200
- 10 Monthly Payments of €160

All monthly payments (excl. a one time payment) are calculated from the total sum after the deposit is paid.

Included in this investment:

- Training materials; manual, cacao & notebooks
- Required reading book
- Additional masterclasses by guest experts
- Jenni's full guidance and support as your trainer
- Lifetime licencing
- Continued community

SCHOLARSHIP

Each cohort has x2 scholarship spaces which offer a €300 reduction in training fees. This option is for those with low income who have a deep desire to serve, and couldn't make it happen any other way.

Please email Jenni at jenni@soulbodybreath.com to apply.

ADDITIONAL COSTS

There is an additional cost for the in-person 7 night retreat. This cost includes accommodation, 3 meals a day, tea & snacks, training materials and energy exchange. It is estimated at €1000 - €1200. This can be paid in full or split into up to 6 monthly payments.

This does not include travel costs to our location near Berlin.



LIMITATION OF LIABILITY

SOULBODY BREATH® is an experiential and ceremonial breathwork method that focuses on the practice of conscious breathing and breath retentions. This training and its facilitators cannot be responsible or liable for any injury, loss or damage of property, or disruption to the training program due to circumstances outside of the control of the facilitator. This does not apply to damages caused by intentional or grossly negligent breach of duty.

This training is not a substitute for therapy or meant to heal trauma, nor is it an alternative for medical advice. It is not meant to diagnose or treat mental or physical illness, nor heal or alleviate a physical disease or mental disorder. Furthermore, this training does not certify you in trauma therapy, life coaching, energy healing, counselling or any other modalities other than breathwork.

BRAND LICENCING & FEES

Upon graduation, you are free to share the practices you learnt without a licence fee. Meaning there are no additional payments required to continue to share this practice.

You are obliged to use the brand name 'SOULBODY BREATH®' when offering that specific methodology, and adhere to the brand guidelines. These guidelines are simple, minimalistic, and can easily work with your personal brand and business. Note: this does not mean that you have to title your workshops/events as 'SOULBODY BREATH®', simply acknowledge it in the description or in your session that you are using this specific methodology.

If applicable, you can list 'Certified SOULBODY BREATH® Facilitator' on your social media or website. This isn't mandatory.

This training does not certify you to train other breathwork facilitators. The content shared in this training is owned and copyrighted by Jenni Anne Turner and SOULBODY BREATH®.

FREQUENTLY ASKED QUESTIONS

I am not able to attend all of the online calls or the in-person immersive... can I still do the training?

It is a requirement that you attend 80% of the online calls, and 100% of the in-person immersive days. All dates and times are shared in this guide, so you have the opportunity to plan ahead for anything that might prevent you from fully committing.

What if I start the training and change my mind? Can I withdraw and receive a refund?

There is a strict no-refund policy after the first weekend of the training has been completed. Before you join, consider thoughtfully if this is the right next step for you, and bring all of your questions to your connection call with Jenni to feel into it before you say 'yes'.

If your circumstances change at some point during the training meaning you need to withdraw, but your heart wants to continue, we will come to an arrangement for you to attend the next training so you can complete your certification.

I am not sure how I want to use breathwork in my current personal or business practice. Should I still apply?

Absolutely! As you embrace these practices and go through the training you will find that the pieces slowly come together to reveal to you how you might share them in the future. This is also something you can discuss with Jenni before you join the training, or something that can be discussed and developed in your mentorship calls.

I am currently trying to conceive/get pregnant ... will that impact the training?

Pregnancy is one of the contraindications for many breathwork practices. Nevertheless, there is always an alternative way to participate that is safe for you, and pregnancy won't impact your ability to learn! The question here comes down to your own preferences of the journey and if you are okay with a different level of participation.

What if I get behind with the content or feel like I'm overwhelmed?

This training is a commitment of your time, energy and resources, and will require some pre-planning in your schedule to give yourself enough space for learning, connecting and integrating. The way the program is guided, is to allow for that space, which is why there is one focus for each month. If at any point you do feel overwhelmed, you can talk with Jenni to find the best possible support for you to feel back on track.

Regardless, it is important that you consider that the learning doesn't stop outside of each call. There will be assignments to support you in embodying the principles and practices of becoming a trauma-informed breathwork facilitator.

A photograph of a person lying on their back on a massage table, receiving a massage. The therapist's hands are visible, one resting on the person's head and the other on their shoulder. The therapist has a tattoo of a compass rose on their forearm. The person is wearing a grey t-shirt and a brown fringed blanket is draped over their legs. The background is a simple, light-colored room.

In a world hungry for healing, it's not just technique we need
— it's integrity. When we bring ethics back into our spaces, we
create the safety required for true transformation to unfold.

A photograph of three women standing in a room with light-colored walls and a wooden floor. The woman on the left has long brown hair and is wearing a white short-sleeved top and black leggings. The woman in the middle has curly brown hair and is wearing a grey vest over a black top and grey pants. The woman on the right is partially visible, wearing a black top and has a tattoo on her arm. They are all smiling and looking towards the right. The text is overlaid on the image in a white serif font.

IS THIS FOR YOU?

This training is created for those who desire to integrate breathwork into their current offerings, whether you're a coach, yoga teacher, guide or therapist. Or for those who aspire to become a skilled facilitator of the breath, or to upskill existing breathwork knowledge, with the intention of supporting self-healing self awareness and personal development.

To participate it is preferred that you already have an existing personal practice with breathwork, or experiencing in receiving sessions under the guidance of a certified breathwork facilitator (regardless of which school). If that's not you, that's okay. Take a breath and share an application anyway. Maybe this is the calling you need to pivot the direction of your life.

This training is not for someone who is unwilling to complete all requirements for the training, or does not want to fully participate in the working sessions.

It is also not recommended for those who have epilepsy, cardiovascular conditions or neurological conditions, or any of the contraindications for SOULBODY BREATH®. Nor if you are suffering from severe mental illness, addictions or anything that might mean you cannot fully participate in the training.

HOW TO APPLY

SEND AN APPLICATION

This is a no-obligation application.
Use the QR code below.

BOOK YOUR CONNECTION CALL

As part of the application, you can book a connection call with Jenni. This is a 20 - 30 minute no-pressure call where she will share more about the training with you, and you can bring any questions you might have.

TAKE A FEW DAYS

Jenni will invite you to take a few days and feel into if this feels like the next true step for you. After that, you will know if it's a loving 'yes' or a 'no'.

RECEIVE THE AGREEMENT & PAY THE DEPOSIT

If it's a 'yes', you'll receive the full agreement from Jenni, and a €200 deposit is required to secure your spot.



MEET JENNI

FOUNDER OF SOULBODY BREATH® & YOUR TRAINER

photo credit: Lena Shuvalova / @shuvalova_photo



Jenni is a trauma-informed energy coach, breathwork facilitator, and the founder of SOULBODY BREATH®—a practice designed to reconnect people with the wisdom of their souls and the intelligence of their body. Her approach is grounded in compassion, integrity, and nervous system awareness, combining over 700 hours of yoga teacher training, Energy Coaching, and an inclusive coaching background in NLP, hypnotherapy, EFT, and life coaching.

Her work is rooted in personal experience. In 2018, after years of striving in the corporate world, Jenni experienced a deep burnout and was diagnosed with anxiety and depression. A lifelong high-achiever and perfectionist, she felt imprisoned by her own mind and body. That moment marked the beginning of her healing journey. It led her to yoga, spirit and the breath, where she chose a path of reclaiming softness, wholeness, and self-trust.

Jenni's work is built on three core principles:

1. Healing must be *slow, steady, and sustainable*.
2. Your body is not a problem to fix—it's *your lifelong teammate*.
3. *Safety* is the foundation of true transformation.

Today, Jenni holds space for others to heal at their own pace—supporting spiritual seekers, sensitive souls, and heart-centered leaders as they release old patterns, regulate their nervous systems, and step into their power with presence and purpose.

PREPARE YOUR QUESTIONS FOR YOUR APPLICATION

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