

SOULBODYBREATH®

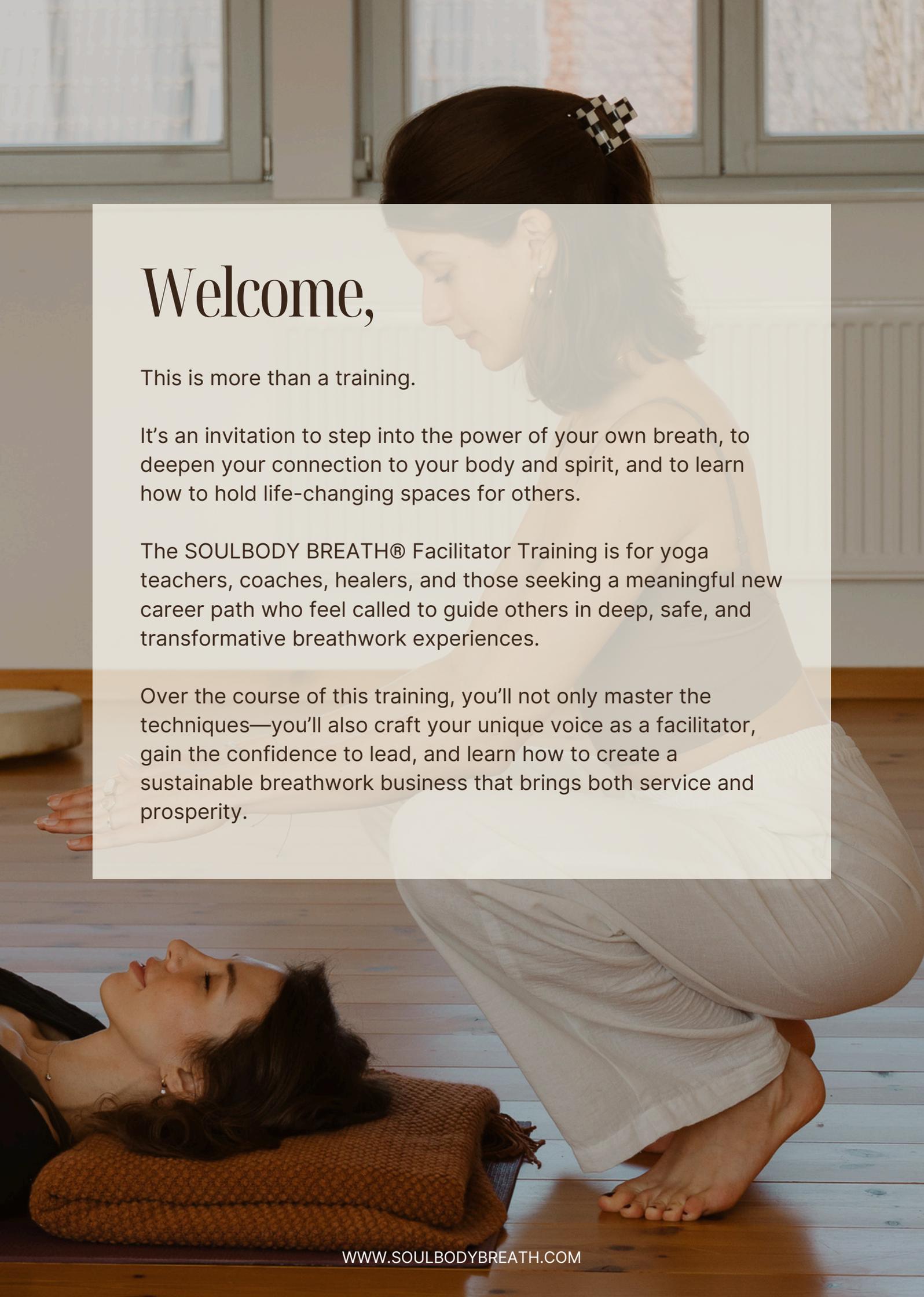
AUS/NZ

AUGUST - NOVEMBER 2026



# Breathwork Facilitator Training

A 200 HR TRAUMA-INFORMED TRAINING WITH JENNI TURNER



# Welcome,

This is more than a training.

It's an invitation to step into the power of your own breath, to deepen your connection to your body and spirit, and to learn how to hold life-changing spaces for others.

The SOULBODY BREATH® Facilitator Training is for yoga teachers, coaches, healers, and those seeking a meaningful new career path who feel called to guide others in deep, safe, and transformative breathwork experiences.

Over the course of this training, you'll not only master the techniques—you'll also craft your unique voice as a facilitator, gain the confidence to lead, and learn how to create a sustainable breathwork business that brings both service and prosperity.

# Our Core Values

## INTEGRITY

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

## EMPOWERMENT

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

## RESPECT

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.

## COMMUNITY

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

# Training Overview

## OUR FORMAT

This is a hybrid training with a focus on live calls, supportive online learning content, and an 7 day in-person immersion at Numi Space, (*Kerikeri, New Zealand*). In addition, there are some pre-recorded bonus modules, and a 12 week Breath Mastery course which we will explore together.

We focus on theory, practice, and integration - with supervised facilitation and peer feedback.

## YOUR LEARNING JOURNEY

### *Live Calls on Wednesdays:*

Introducing new content (theory), interactive Q&A, and live coaching.

### *Breathwork Calls*

x4 SOULBODY BREATH® Journeys on Sunday evenings.

### *Buddy Groups:*

For you to practice facilitation, complete the open-book exams together and receive real-time feedback.

### *7 Day Immersion:*

Deep dive into training labs, refine your facilitation skills, get real-time feedback, group connection, a personal photoshoot + final exam day. Note: this will be held at Numi Space in Kerikeri (New Zealand). ***For students arriving from other places, we can support you with finding accommodation.***

### *1:1 Support*

x4 60 minute coaching & mentorship calls with Jenni.

### *Online Study:*

Pre-recorded lessons, manuals, and practice assignments - these are mostly additional support and deeper dives - the core content will be in live calls and in-person.

### *Certification Process:*

Practical assessments, written exam and final practice exam to ensure you're ready to facilitate.

### *Ongoing Support:*

Alumni calls, continuing education, and optional future events & retreats.

# The Dates

## **ATTENDANCE**

Live attendance is required for at least 75% of the online training sessions and 100% of the in-person immersion. The x5 breathwork journeys are optional, and all online calls will be recorded for flexible access.

## **ONLINE TRAINING SESSIONS**

Training sessions are held on Wednesdays from 18:30 - 21:30 NZT.

- Opening Circle: July 26th | 19:00 - 21:00
- Week 1: 29.07
- Week 2: 05.08
- Week 3: 12.08
- Week 4: 19.08
- Week 5: 26.08
- Week 6: 02.09
- Week 7: 09.09
- Week 8: 16.09
- Week 9: 23.09
- Week 10: 30.09
- Week 11: 07.10
- Week 12: 14.10
- Weeks 13 - 15: Integraton Weeks

*Between sessions, you'll have space for self-reflection, peer connection, and early facilitation practice. As well as connection and support via our WhatsApp Group.*

## **ONLINE BREATHWORK JOURNEYS**

Breathwork journeys are held on Sundays from 19:00 - 21:00.

*Dates: 02.08, 23.08, 13.09, 04.10*

## **IN-PERSON IMMERSION IN WEEK 16:**

- 09.11 - 13.11: Training + teaching
- 14.11: Exam day
- 15.11: Personal Photoshoot + Graduation

# Curriculum Outline

## **01. THE FOUNDATIONS 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.

## **02. 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.

## **03. FACILITATING BREATHWORK**

Deep dive into how to facilitate a breathwork journey for 1:1 clients, couples and groups. You'll learn 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.

## **04. BREATH MASTERY**

Become a true master of your breath by exploring 20+ breathwork techniques – including pranayama practices. You'll learn about energy from the yogic traditions (including chakras, energy channels and kundalini), and explore how building a relationship with the breath can help people master their lives.

*This pre-recorded module is completed over the first 12 weeks with guidance and support from Jenni and your study groups.*

## **05. 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.

## **06. 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.

## **07. ETHICAL EXCELLENCE**

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.

# What you'll walk away with...

## *Personal Transformation*

Embark on your own journey of transformation, fully supported throughout the journey, with 1:1 mentorship and coaching calls with Jenni to dive deep into your personal breakthroughs and practice.

## *Science Focused*

With workshops from a neuroscientist, and a strong focus on understanding the science behind breathwork, you'll feel grounded and balanced in sharing the breath.

## *Peak States*

Learn about brainwave states, neuroplasticity and how to integrate breathwork with the human transformational process for lasting change.

## *Trauma-informed Facilitation*

Develop a solid understanding of the nervous system, somatic practices and how to guide and support individuals through energetic work. You'll learn how to recognise individual states, and receive tools to guide individuals through their processes, and back to regulation.

## *Diverse Skillset*

Build confidence to facilitate multiple breath techniques, including conscious connected breath, SOULBODY BREATH®, coherent breathing and pranayama practices, and understand the dynamics of facilitating large groups, working deeply in 1:1s, and workshops & retreats.

## *Continued Education*

Join an ongoing alumni network for continued education, calls, and future retreats. This is at no extra cost.

## *Business Support*

Discover the tools to design, market, and launch your own breathwork offerings, including navigating social media and building community.

## *Lifetime Licencing*

Unlike other breathwork trainings, you'll receive a lifetime license to share breathwork in the modalities you have learnt.



# Investment

## TUITION

Tuition: \$3000

Payment Plans: Available to make your investment more accessible starting at \$300 a month.

## ADDITIONAL FEE

There is an additional cost of est. €500 for the 7 day immersive in Kerikeri, New Zealand. This price includes all training, one meal, tea & snacks, and energy exchange. It does not include travel costs or accommodation. Payment plans are also available if needed.

## WHAT'S INCLUDED?

Included is all training materials including a 270 page Training Manual, 180 page Breath Mastery manual, x4 1:1 mentorship & coaching with Jenni, workshops by guest experts, lifetime licensing fee, all online training, access to our breathwork community for continued connection and education after you graduate.

It also includes some online self-paced courses including a 50 hr Breath Mastery course, the business of breathwork and the foundations of coaching.

# FAQ's

## 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 once we officially open at the opening circle. 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.

## DO YOU HAVE SCHOLARSHIPS?

Each cohort has x2 scholarship spaces which offer \$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](mailto:jenni@soulbodybreath.com) to apply.



# Meet Jenni

FOUNDER OF SOULBODY BREATH®  
AND TRAINING LEAD

Jenni Turner is the founder of SOULBODY BREATH®, a transformative method that weaves together breath, body, and energy to support deep healing and nervous system restoration. As a master energy coach and trauma-informed facilitator, Jenni brings over 700 hours of yoga teacher training, certifications in Heart Energy Coaching, and a rich background in NLP, hypnotherapy, EFT, and life coaching.

Known for her depth, presence, and integrity, Jenni doesn't just teach breathwork techniques—she helps you embody the art of facilitation from the heart. Her approach goes far beyond the quick, surface-level methods often seen online. In this training, she guides you to truly understand the power of the breath, master the skills to hold safe and transformative spaces, and find your own unique voice as a facilitator.

With a unique blend of science, soul, and embodied practice, Jenni is committed to fully supporting her students—both during and beyond the training. Graduates not only leave with professional certification, but with the confidence, tools, and ongoing community to create a meaningful, prosperous breathwork practice that serves both their clients and their own growth.



# A Final Word

This training is for those who want to go deep — into the breath, into the body, into the art of holding space.

If you've been searching for a facilitator program that blends professionalism, heart, and integrity, you've found it.

**[email jenni@soulbodybreath.com to apply](mailto:jenni@soulbodybreath.com)**

[WWW.SOULBODYBREATH.COM](http://WWW.SOULBODYBREATH.COM)