

SOULBODY BREATH®

Breathwork Facilitator Training

A 200 HOUR TRAUMA-INFORMED TRAINING

NZ/AUS • AUG - NOV 2026



You felt something the first time breath took you somewhere

Maybe it was your own session, a moment of clarity or release you hadn't expected. Maybe it was watching someone else arrive in their body for the first time, and feeling the quiet privilege of holding that space.

Whatever it was, it stayed with you. And something in you began asking: what if I could offer this to others?

The SOULBODY BREATH® Facilitator Training was built for that moment. To give you the depth, the skill, and the real confidence to hold transformative spaces with integrity and heart.

This is a container you inhabit over six months, through practice, peer connection, and personal evolution, until facilitating breathwork becomes something you embody, not just something you do.

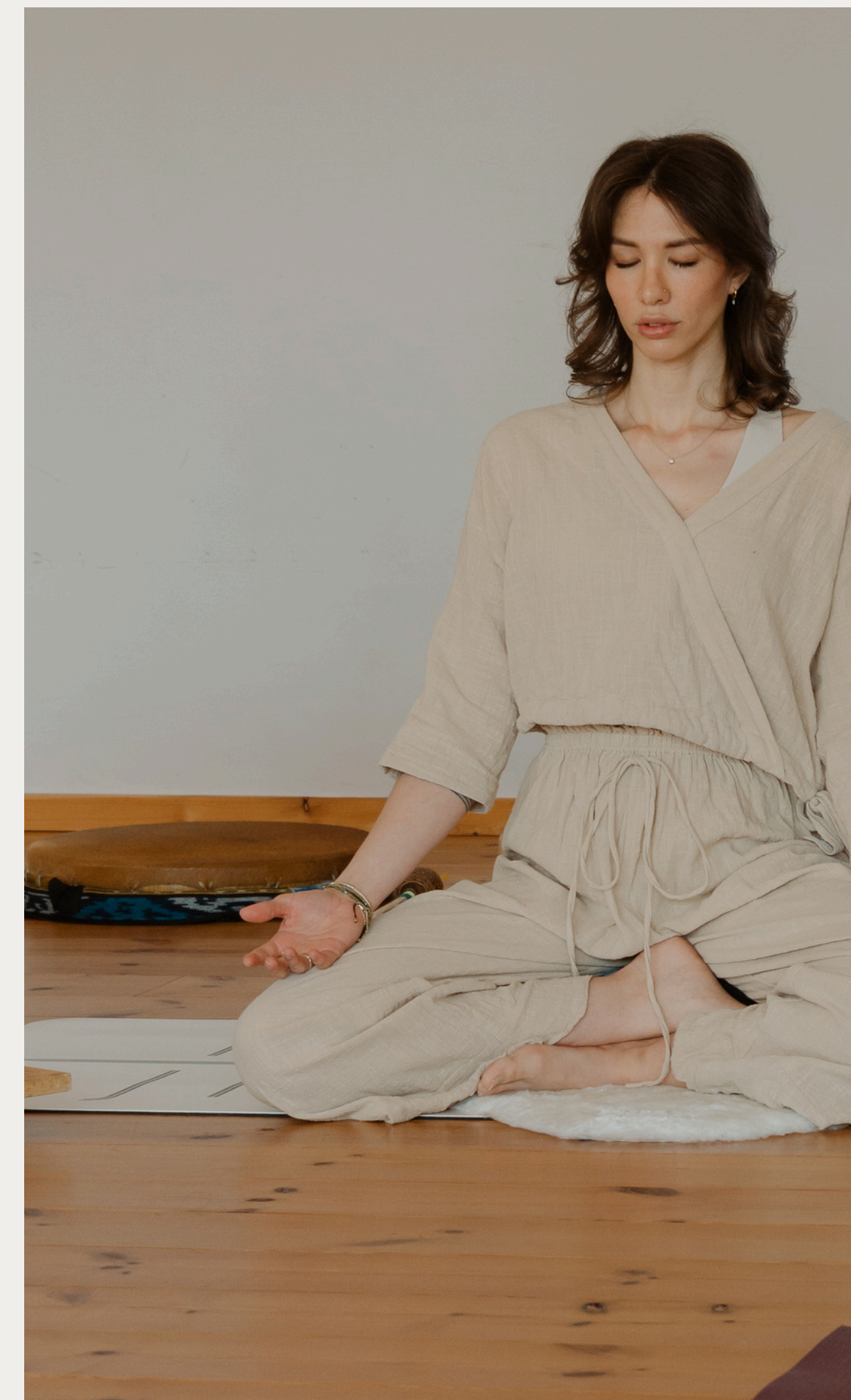
If the calling is there, this training will meet it.
One breath at a time,

Jenni Turner
Founder, SOULBODY BREATH®

Science, soul and the art of holding space.

The breathwork world has grown fast. And with that growth has come training that moves quickly, teaches technique, and sends people out before they are truly ready to hold another human being safely.

This training was built to answer that. A 200-hour, trauma-informed programme that takes the science of the breath as seriously as the soul of it. Which places space-holding, ethics, and your own personal evolution at the centre of everything.





Trauma-informed from the ground up

Every module is built around nervous system awareness, consent, and ethical practice as the foundation.

Your own voice, not a copy of someone else's

You will graduate with a facilitation identity that is entirely yours. One that's grounded in your strengths, your story, and your unique way of leading.

No licensing fees or ongoing agreements

Once certified, you are free. No conditions, no restrictions, no ongoing fees to share the breath with others.

A living container, not a curriculum to consume

Live calls, peer practice, breathwork journeys, 1:1 mentorship with Jenni, and an in-person immersive. This is so much more than a course.

Support that doesn't stop at graduation

Lifetime access to the online portal, continued community connection, and the foundations to build a sustainable practice from day one.

Phase 1: Learning & Practice

WEEKS 1 – 6

- ✓ Live weekly calls
- ✓ Self-paced online modules
- ✓ Guest expert workshops
- ✓ 12-week Breath Mastery course
- ✓ Live breathwork journeys with Jenni
- ✓ Peer practice with real-time feedback

Phase 2: Practice & Refine

WEEKS 7 – 12

- ✓ Live weekly calls
- ✓ Continued self-paced modules
- ✓ x4 1:1 coaching & mentorship with Jenni
- ✓ Practice sessions with peers, friends & family
- ✓ Written open-book exams

Phase 3: Graduation Practicum

NOVEMBER 9 – 15

- ✓ 7-day in-person immersive near Berlin
- ✓ Workshop labs: touch, embodiment & somatics
- ✓ Conscious connected breathing practicum
- ✓ Real-time facilitation feedback
- ✓ Final exam: facilitate a live journey
- ✓ Graduation ceremony & photoshoot



Everything you need. Nothing you don't.

The curriculum covers the full breadth of what it means to facilitate breathwork with depth and integrity, from the physiology of the breath to the art of holding space, from trauma-informed ethics to building a practice that is genuinely yours.

OUR CORE CONTENT

- The Foundations of Breathwork
- The Nature of Breathwork
- Facilitating Breathwork
- Working with Clients
- From Trauma to Trust
- The Art of Holding Space
- Ethical Excellence

ADDITIONAL MODULES

- Breath Mastery
- The Business of Breathwork
- The Power of Touch
- Functional Breath Workshop
- The Neuroscience of Breath

You'll graduate ready to facilitate.

That means:

- ✓ The ability to hold 1:1 and group breathwork spaces safely and with real skill.
- ✓ A trauma-informed, somatic approach that you've practised, not just studied.
- ✓ Your own facilitation voice. Grounded in your strengths and lived experience.
- ✓ Practical tools for client intake, session planning, ethics, and scope of practice.
- ✓ A business plan and the confidence to charge clients from day one.
- ✓ Professional certification with no ongoing licensing fees.





Learning Objectives

These objectives help you to become fully competent in facilitating transformative 1:1 and group spaces. They take you beyond what it means “to facilitate” and support you embody becoming an impactful facilitator and lead from heart. You’ll graduate feeling confident and ready to teach and charge clients right from the beginning, with a business plan to support you.

- ✓ Explain the core physiology of breathwork, including CO₂/O₂ dynamics, nervous system activation, and how breath retentions influence state.
- ✓ Understand the neuroscience of breath and breath psychology, to support clients create lasting impact across their emotional, mental and spiritual wellness.
- ✓ Demonstrate safe, skillful facilitation of conscious connected breathing, SOULBODY BREATH® and a variety of pranayama practices for individuals and groups.
- ✓ Screen participants appropriately by identifying contraindications, risk factors, and suitability for different breathwork intensities and formats.
- ✓ Establish and communicate clear consent, boundaries, and session agreements to create psychological and physical safety.
- ✓ Apply trauma-informed, somatic principles to support regulation, titration, and choice throughout a journey.
- ✓ Read the room and track nervous system cues to adapt pacing, language, and techniques in real time.
- ✓ Use practical co-regulation and grounding tools to support participants during activation, overwhelm, or emotional release.





- ✓ Facilitate integration so insights become embodied change, including debrief structures, reflection prompts, and post-session practices.¹
- ✓ Guide somatic awareness skills to help clients build embodied literacy, not just catharsis.
- ✓ Work with common patterns that show up in sessions with steadiness and ethical judgement.
- ✓ Structure sessions for different contexts (1:1, small group, corporate, retreat, festival) including timing, music design, room setup, and energy management.
- ✓ Use voice, language, and cueing techniques to lead with clarity, confidence, and attunement, including pacing, tone, and non-triggering phrasing.
- ✓ Maintain professional ethics and conduct, including confidentiality, scope of practice, referrals, and ongoing supervision/education.
- ✓ Develop your own facilitation identity by integrating your strengths, lived experience, and unique style without copying or performing.
- ✓ Build a sustainable facilitator practice with practical foundations: session planning, client journey, intake, communication, and responsible marketing.

ONLINE TRAINING**\$3000***or from €300/month*

- 300-page training manual
- x4 1:1 mentorship sessions with Jenni (worth €800)
- Guest expert workshops (incl. neuroscientist)
- Lifetime SOULBODY BREATH® licensing
- Alumni network & continued education
- Breath Mastery course (incl. separate manual), business + coaching courses.
- Photoshoot

7 DAY IMMERSIVE**\$700***to be paid 1 month prior*

At Numi Space, Kerikeri New Zealand

Opening Circle 26 Jul

Weeks 1 – 6 29 Jul – 2 Sep

Integration Sept 3 – 15

Weeks 7 – 12 16 Sept – 21 Oct

Integration 22 Oct– 8 Nov

In-Person Immersive 9 – 15 Nov

Graduation &
Personal Photoshoot 15 Nov**SCHOLARSHIPS AVAILABLE**

x2 Places offering \$300 off the online training price for those with a deep desire to serve and limited income. Email jenni@soulbodybreath.com directly.

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.

FAQ's

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 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 70% 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.

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 to apply.



Ready to apply?

Email

Connect with Jenni at jenni@soulbodybreath.com

Book a call

This is a no-obligation call



Apply

Send a no-obligation application

