BREATHWORK FACILITATOR CERTIFICATION

TRAINING / 2027

Beyond the breath. Into the art of facilitation.

An intimate, Jewish-rooted training in presence, skill and trust.

TWO COHORTS / 12 PARTICIPANTS EACH

MEN'S COHORT

FEB 21–23, 2027

WOMEN'S COHORT

FEB 28 – MAR 2, 2027

THE EXPERIENCE

Three immersive in-person days, eight required follow-up Zoom sessions, extensive guided practice and a pathway to certification. Designed for those called to support meaningful growth in individuals, couples and groups.

A woman support facilitator will be present during the women's in-person cohort.

$2,500

STANDARD TRAINING INVESTMENT

EARLY BIRD: $2,200 THROUGH DEC 31, 2026

9:00 AM–5:00 PM | KOSHER RETREAT CENTER | SOUTH FLORIDA

The facilitator you become

This training is about much more than learning to lead a breathwork session. It is an invitation to develop the presence, sensitivity and practical tools to create spaces where people feel safe enough to open, explore and grow.

ROOTED IN JEWISH WISDOM

We weave teachings from Jewish tradition into the practice of breathwork, emotional awareness and holding space, while developing the language and cultural sensitivity to bring this work authentically into Jewish communities.

WHO THIS IS FOR

Coaches, therapists, educators, community leaders, retreat facilitators and others called to guide meaningful human experiences. No particular professional background is assumed; suitability and participation requirements are confirmed during registration.

WHAT YOU WILL LEARN

THE ART OF BREATHWORK

- Foundations and mechanics of conscious connected breathwork
- Guiding individuals, couples and groups
- Designing and structuring a complete journey
- Physical and emotional responses, safety and contraindications
- Preparing participants, integration and aftercare

THE ART OF FACILITATION

- Building trust, safety and connection
- Holding vulnerability with presence and care
- Navigating group dynamics and challenging moments
- Knowing when to guide, listen or step back
- Using experiential tools, movement and reflection

PERSONAL GROWTH & INTEGRATION

Your own inner work is part of the training. Through self-inquiry, practice and reflection, you will build the authenticity, confidence and emotional awareness that support skillful facilitation.

Training at a glance

IN-PERSON IMMERSION

3 FULL DAYS

9:00 AM to 5:00 PM daily, featuring hands-on practice, experiential learning and individualized feedback. Lunch is included each day.

CONTINUED MENTORSHIP

8 REQUIRED ZOOM SESSIONS

Structured follow-up learning, integration, mentorship and supervision. These sessions are a required part of the certification pathway, not an optional add-on. Dates and format are provided to registrants.

CERTIFICATION

Breathwork Facilitator Certification is awarded upon successful completion of the training requirements, including the required follow-up sessions. Specific assessment and practice requirements will be provided before enrollment. This is a program-issued certification, not a professional clinical license.

YOUR INVESTMENT

$2,500 STANDARD TUITION

$2,200 EARLY BIRD / SAVE $300

Register by December 31, 2026

Tuition includes all three in-person days, daily lunch, eight follow-up Zoom sessions and certification upon successful completion.

Everything else to know

VENUE & STAY

Kosher retreat center in South Florida. Lunch is included on training days. Accommodations, transportation, breakfast and dinner are not included. Limited on-site lodging may be arranged at an additional cost, subject to availability. Exact venue and arrival details will be shared with registrants.

CANCELLATION & REFUND POLICY

- 30+ days before training: Full refund, less a $150 administrative fee.
- 15–29 days before training: 50% refund.
- 14 days or fewer before training: No refund.
- Registration may be transferred to another eligible person with approval, up to 7 days before training.

If the organizer cancels, you receive a full refund. If rescheduled, you may accept the new dates or request a full refund. Refund requests must be in writing; approved refunds return to the original payment method within 10 business days. Personal travel and lodging expenses are not reimbursed.

NEXT STEPS

Ready to apply?

If this training resonates with you, fill out the application form using the link that came with this brochure. After submitting, you will be contacted about availability and next steps.

You are also welcome to reply with any questions before applying.