



NOVEMBER 2025

BREATHING JOURNEY

PRACTITONER TRAINING



Breathwork

PRACTITIONER TRAINING PROGRAM

LEVEL 1
NOV 2025 - JAN 2026

Conducted by Shiran



AWAKEN THROUGH BREATH

Breathing Journey is a way of experiencing being present through special guided breathing techniques that increase the flow of energy and cause consciousness to expand beyond our known limits.

Learning to hold space for others is one of the most profound and rewarding experiences. To do so safely and effectively, it is essential to first undergo your own personal journey and transformation. Only then can you authentically develop the skills needed to guide, support, and empower others.

This training is designed precisely to facilitate that process — offering both personal experience and professional growth.

THE MISSION

OUR JOURNEY TOGETHER

- **8 group sessions** with guided discussions on inner child healing, the birth experiences, self-image, creative energy, and more.
- Working with **7 major energetic centres** of the human body
- Introduction to **chinese medicine & it's philosophy** (5 elements)
- **Developing the 7th sense** - Learning and practicing the technique of energy scanning
- Learning **pressure points and physical segmental release**
- Deepening the understanding of the **breathwork technique**



THE MISSION

- Discussing the **standards of professional ethics**
- Discussing **red flags and contraindications**
- Learning **client intake and treatment strategies**
- Practicing **hands on work** with clients in a two fold structure :
 - 1) Supervised end to end breathing sessions working with fellow students as clients
 - 2) Supervised end to end breathing sessions working with external clients
- **Clinical** discussions of the sessions

As you step into the role of a breathwork practitioner, may you continue to embody the depth of this work—with clarity, integrity, and compassion.



THE PROGRAM FLOW

Duration of the Program

120 hours

the breakdown

Semester 1

4 weeks = 48 hours

Each week will consist of:

- **2 days breathwork sessions (4 hours / day)**
- **1 theory session (4 hours / day)**

Semester 2

6 weeks = 72 hours

Week 1 - Week 3 :

- **Weekly 1:1 facilitation training (closed group)**
- **Theory class (4 hours)**

Week 4 - Week 6 :

- **Weekly Breathing sessions with external clients**
- **Clinical discussion class (4 hours)**



LOGISTICS


Price for the entire program = Rs. 2.6 lacs

Early Bird Price = Rs. 2.2 lacs

valid until 30th June, 2025

Note:

- In addition to this curriculum, students will be required to take an external online anatomy and physiology course, to be purchased at an approximate cost of Rs. 1500/-
- Completing the online course simultaneously with the program is mandatory to receive certification of Level 1
- Travel, Boarding, Lodging is not included and will need to be arranged by the students themselves.

A portrait of a man with short dark hair and a beard, wearing a light blue t-shirt. He is looking directly at the camera with a slight smile. The background is a blurred green, suggesting foliage. A thin yellow circle is drawn around his head and shoulders.

I still remember my first breathwork session, more than 20 years ago. At that time, conscious expanding breathwork was considered a very esoteric practice. Upon waking up from the session, I had a deep sense of knowing that this would be the way I heal myself and also help others heal & evolve.

Almost 2 decades later, Breathwork is the fastest growing field of natural healing and self development. We are finally ready, now more than ever, to reconnect with our deepest nature on a large scale

from Shiran

Trust in your journey, and in
the breath as both your guide
and your gift to others.



To know more
Contact : +91 93076 54530