

ONLINE/OFFLINE

# Breathwork Ubud Teacher Training

10 days 10 Master Classes  
October 4TH-15TH, 2021





# Join Our Tribe !!!

The Worlds Fastest Growing  
Wellness Movement  
Breathwork & Ice Bath Therapy

Become a certified breathwork teacher with Jason Serini. Learn about the foundations of breathwork, how to deepen your practice with transformative breath and various breathing techniques. You will learn how to structure a class and do one-on-one sessions, common reactions that arise during breathwork and how to navigate as a guide. This is the all inclusive training that will give you the tools and mindset to successfully start teaching and facilitating breathwork.

If your after Personal Growth , wanting to release any trauma in the body or from the past , remove any blocks that you may have to Really Step into whats already Yours !!

Keep Reading On

Jason Serini is one of the most authentic breathwork guides , simply because there's nothing he doesn't teaches that speaks truth from a place of life experience.

Creating the 7 steps method that's relatable and easy to implement into your daily life.

Having worked as a personal trainer /coach to dj /events for over more than 20 years his specialty is to uplift and energize one on one or large groups maximizing their full potential and simply finding solutions to all areas of life , having also beat depression and addictions he knows how to fully connect and drop in to feel into all big or small sessions .The wounded Healer

It's now time to finally share the formula the method that is dramatically changing my life daily and many others, to get comfortable in the comfortable and master your emotions for true happiness

This course will give you comprehensive tools needed to become an incredible breathwork facilitator, but it will also dive into how to hold the space necessary with the power and presence required to really have an impact on those who you share that space with.

- Find Your Flow Creating your own Method
- Breathwork And Holding Space
- Mouth Vs. Nose Breathing & Advanced Breath For Transformation
- Self-Regulating The Nervous System (Sympathetic Vs. Parasympathetic)
- Activating The Vagus Nerve
- Benefits Of Breathwork
- Breath Holds
- How To Be An Effective Breathwork Facilitator.
- How To Structure A Class And Do One-On-One Sessions
- Breathwork For Trauma Release
- Common Reactions During Breathwork And How To Navigate As A Guide





# What Is Tetany ?

GO AT YOUR OWN PACE

LEARN TO FACILITATE & HOLD SPACE  
COMMUNITY TRIBE GROUP CHAT

**50+ hour**

Certified Breathwork & Icebath  
Facilitation

What is the  
7 Steps Dojo method ??

- 1.Vision
- 2.Breathwork
- 3.Ice Bath
- 4.Movement
- 5.Frequency
- 6.Art Of giving
- 7.Self Mastery





# What is breathwork ?

Let's Get High on your Own Supply

Breathwork is an experience that can bring you into a deeper dimension of the present moment and to see things in a more colorful, insightful way than reality might appear otherwise.

## Benefits

Research to support the therapeutic benefits of breathwork for conditions such as depression and anxiety and helpful for relaxation, stress relief, personal growth, or self-awareness.

Spending time in a trusting environment, focusing on deeper life concerns, learning how to support other people, trusting in your ability to heal yourself, and developing compassion.

Breathwork involves controlling and quickening breathing patterns to influence your mental, emotional, and physical states and be used as a spiritual practice rather than a therapeutic one. In this way, some people participate to expand their awareness rather than to overcome or manage a mental health condition. Breathwork technique moves you forward to a higher consciousness.

In other words, it may shift you into another state, which can be appealing to people who feel stuck and unable to advance using other means. Often times, this feeling of awakening can happen through some form of catharsis.

However, the belief is that trauma will only come forward during a session if it is necessary for healing; and that this won't be known at the outset of the session. Rather, each person's experience with Breathwork is unique, self-directed, and unfolds on its own as the practice progresses.





# Breathwork Ubud Teacher Training

**50+ hour**

10 Days Monday to Friday 9am-5pm

10 x Masterclass

2hours lunch break daily

Daily Vegan Buffet lunch

# Sample of each day

- Daily Breathwork
- Daily Ice Bath
- Daily 1x Masterclass 60-90mins
- Sharing Circles
- Breathwork /Ice bath Teachings on facilitation
- Daily vegan buffet lunch
- Building a personalized Breathwork journey /workshop /one on one

50+ hours of expert mentorship and hands-on professional training to teach you everything you need to know in order to facilitate breathwork for others in any setting or environment

Healing experiences into meeting, witnessing, clearing, or integrating any remaining traumatic imprints, core wounds, or limiting beliefs in your consciousness so that you may activate your higher potential and deepen into your most aligned embodiment

Understanding of the Anatomy and Art of Breathwork

space-holding and integrating

A deepening of your own True Self as a bridge to higher states of consciousness

Hands-on teaching experience

After care planning & Guidance on how to build a thriving breathwork practice and step into your Power

- 7steps Dojo Work book
- 30 day plan
- After Care & Support





# Keep Moving Forward One Breath at a Time

10 Masterclasses have been carefully curated to add an all round value for you to embody for yourself and integrate into your own life first, then to share to the world when you are ready ☺

"Take Your time and create your own FLOW  
Be Like Water My Friend" - 'Bruce Lee'



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## Rachel Ellery

Will be leading a Masterclass in The  
Anatomy of Breath

## Joel Brown

Will be leading a Masterclass on  
how to Remove the Invisible Anchors  
that Stop You From Being Influential  
and Respected





## Scott Andrews

Will be leading a Masterclass in The Anatomy of Breath

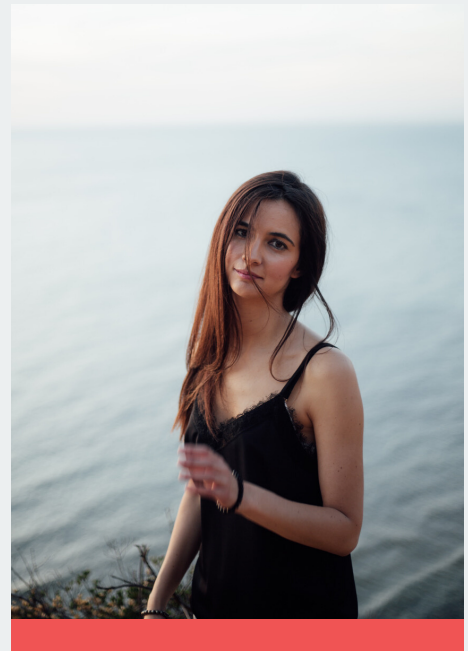
## Ellis De Bona

Will be leading a Master Class on Money Master Mind



## Sitara Fe

Will be leading a Master class in Master Psychic & Light Body Activation





## Jason Serini

Will be leading a Master class on Traktor Dj and creating and recording your own Breathwork Journeys

## Walid Aboulnaga

Will be leading a powerful Shamanic Breathwork Session



## Faye

Will be leading a Tea Master ceremony & Professional Dance performance







## Alesiana

Will be leading a Kundalini Yoga  
Initiation

## Hoda Fadel

Will Be Djing the Closing Ceremony  
Ecstatic Dance



# ICE ICE BABY

## Ice therapy benefits:

- Boost the immune system
- Reset the nervous system
- Increase energy
- Improve lymphatic & cardiovascular systems
- Lowers blood pressure
- Reduce inflammation to muscles & joints
- Reduce stress
- Relief from pain
- Weight loss
- Better sleep





## Second release, September

FEE ONLINE \$955 US | FEE OFFLINE \$1245 US

Vegan buffet included daily

**2.8 mil deposit to book your spot**

OCTOBER 4TH-15TH, 2021

Monday - Friday

9am - 5pm Bali time

**TO BOOK**



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