A person is walking on a large, circular stone labyrinth on a sandy beach. The labyrinth is composed of many concentric rings of smooth, light-colored stones. In the background, there is a large, dark rock formation in the water. The sky is overcast and grey.

# Eclectic Breathwork Facilitator Education 2017 - 2018

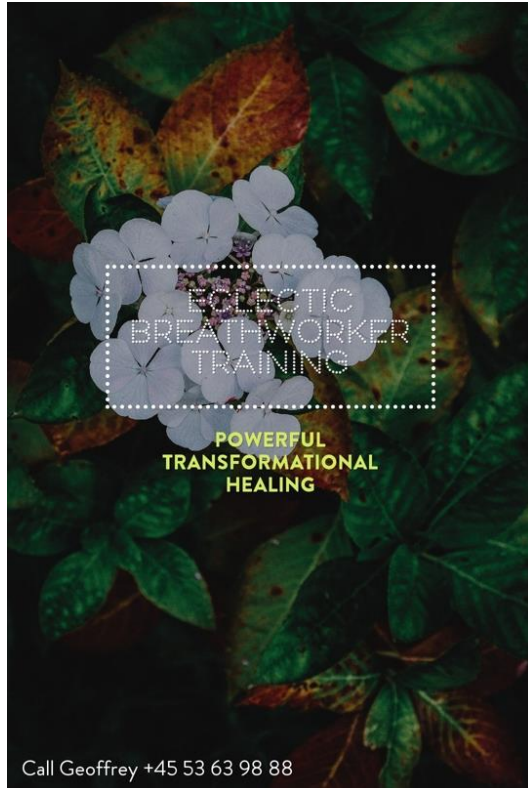


POWERFUL  
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Call Geoffrey tlf: +45 53 63 98 88

## Eclectic BreathWork Facilitator Education

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Part 1 of an 18-month education programme to becoming a certified Eclectic BreathWork Facilitator

Denmark, November 2017 – August 2018

**Geoffrey Smith & Pernille Søgaard Trainers**

**Endorsed by Lars Mygind**

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### What is Eclectic BreathWork?

Is a style of re-birthing breathwork that draws from many different sources and life experiences. It is this wide range of sources that gives Eclectic BreathWork its inclusive feeling. Eclectic BreathWork is for everybody and strives to accommodate all people from all walks of life. It is a style that is led by

intention, from the heart. It is a style that deeply honours, acknowledges and respects each participant's life journey and strives to help you remember who you truly are and where you have come from.

### Eclectic BreathWork Facilitator Education I (EBE 1)

This is the first part of an education programme that would lead to being a fully trained professional Eclectic BreathWork Facilitator. Part two is a 9-month programme of supervision and on-going professional development.

**The number of participants for EBE 1 is limited to a maximum of 12.**

### After the EBE 1 training you will:

- Be able to facilitate an eclectic breathwork session
- Understand the nature of bodily held traumas
- Understand the nature of silence

# Eclectic BreathWork Facilitator Education 2017-2018

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- Attend to a breathwork client in a professional and mindful way
- Know yourself at a very deep level
- Understand the nature of energy as it applies to eclectic breath therapy
- Understand the true nature of support

The 9-month education comprises several modules, some of which may be optional depending upon the previous experience and background of the candidate.

## Modules include:

- Intuitive body development through contemplation
- Inner Child Work
- The structure and nature of bodily energy systems
- Relationships and Intimacy both inner and outer
- Mindfulness - this is the river that runs through this training
- The integral nature of inner silence for the therapist
- Breathing fundamentals

The education takes place over a 9-month period and candidates are expected to attend the weekend monthly meetings in person.

There will be additional weekends that candidates have to attend as well. These additional dates include compulsory modules that the candidate has to complete prior to the end of the 9-month period. Some of these dates may not be negotiable.

Candidates will have to undergo an interview and will be expected to undertake at least 20 individual breathwork sessions, 10 with a male breathwork facilitator and 10 with a female breathwork facilitator, and, at least 30 group breathwork sessions over the duration of this training. The choice of Breathwork Facilitator will be up to the individual candidate, and, a list of approved facilitators will be given to candidates. Prior sessions may be taken into account.

No previous breathwork knowledge or experience is necessary to enrol for this training. A basic understanding of English (and a high tolerance for my poor Danish) is a requirement!

Prior self-development work will be taken into account.





# Eclectic BreathWork Facilitator Education 2017-2018

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## Who is this for?

This is for;

- Anyone who wants to become an Eclectic Breathwork Facilitator.
- Existing therapists who want to incorporate Eclectic Breathwork into their practice.
- Anyone who truly wants to live a full, rich, mindful, conscious life. To live aware of, and, be willing to work with, the limiting beliefs, feelings and traumas they hold within and want to be free from them.
- ***Anyone who wants to have a nine-month concentrated and intensive personal development program.***

## EBE 1 Programme Overview

The programme is designed to incorporate and respect the planetary energy flow throughout the year and this can be roughly divided into three parts, they are;

### 1. **November – January: Your Stuff!**

The first three months will be primarily focused on a deep journey to understanding what your stuff is. The reason we are who we are is largely due to our stuff! We are largely unconscious about our stuff. Our stuff is the root of our suffering. The majority of our stuff is held in our body. Consciously working with our stuff brings about transformation, remembering and liberation.

Understanding how stuff is held in the body, the source and nature of that stuff is the true foundation for an Eclectic BreathWorker, or anybody else who is choosing to live life more fully, mindfully and consciously.

**Stuff** is what we work with in breath therapy.

### 2. **February – April: Energy, Space, Presence and Integrity**

This cycle of the training introduces the student to understanding these terms in very practical ways. Holding space for a client is the foundation of assisting a client to enter into the process of transformation and remembering. To be able to hold space, the practitioner has to understand the energetic nature of the breath and the body, this involves Presence and Integrity from the



# Eclectic BreathWork Facilitator Education 2017-2018

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practitioner.

### 3. **May – August (July is a holiday!): Ripening, fruition and harvest celebration**

The final three months is where the practitioner commences to assimilate the work of the past 6-months and embarks on practically demonstrating a mastery of Eclectic Breath Therapy. This process is one of maturation and bringing the theoretical understandings into practical use in the practitioner/client situation. Finally, we arrive at the harvest celebration of the seed that was planted back in November and has been nurtured throughout the 9-month growing period and there is graduation.

## EBE 1 Calendar 2017-2018

These are the times and dates for the EBE 1 education. Ending times can vary due to the nature of the content and programme activities. The ending times shown below are for the latest finishing times.

**Times:** Friday 18:30 – 22:00, Saturday 09:30 – 21:30, Sunday 10:00 – 17:30  
unless the scheduled weekend is residential then it will be from Friday 19:00 until Sunday 17:30

### **Dates:**

Nov: 3-5  
Dec: 15-17  
Jan: 26-28  
Feb: 23-25  
Mar: 23-25  
Apr: 20-22  
May: 18-20  
Jun: 15-17

Aug – Graduation weekend, Dates to be decided by the graduates.



IT HAS BEEN AN AMAZING JOURNEY. I HAVE  
DEEPEENED MY UNDERSTANDING OF MYSELF AND  
IMPROVED MY RELATIONSHIP TO OTHERS, I REALLY  
DIDN'T EXPECT TO. I HAVE BEEN SELF-DEVELOPING  
FOR YEARS!! BUT THIS WAS DIFFERENT, MORE  
ENRICHING, MORE INTENSE AND RAW. THANK YOU  
GEOFFREY AND PERNILLE.

Suzanne 2017

## Costs

The total cost for EBE 1 is 30000 DKK. This covers the costs for the Monthly meetings, all training materials, tuition/coaching and group breathwork fees.

# Eclectic BreathWork Facilitator Education 2017-2018

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## Deposit

A non-refundable deposit of 5000 DKK must be paid by successful interview candidates to secure their place.

## Payments

For those of you who might not have the full amount available to make a single payment I am more than ready to help you pay in instalments that suit your money flow. Please simply get in touch with me to arrange a schedule of payments for you.

Individual Breathwork sessions will be an additional cost. The cost of individual Breathwork sessions will be at the discretion of the Breathwork Facilitator the candidate chooses to work with.

## EBE 2

For those who want full breathwork facilitator certification there will be an additional cost of 20000 DK for the second 9-month supervision/education programme.

Full details of the 9-month supervision/education programme will be supplied to prospective candidates on request.



BOTH GEOFFREY AND PERNILLE ARE HIGHLY INTUITIVE HEALERS WITH A CARING DEVOTION TO THEIR STUDENTS. THEIR COURSE HAS BEEN A DEEPLY TRANSFORMATIVE JOURNEY FOR ME -ONE OF THE MOST IMPORTANT STEPS IN MY LIFE. I'VE LEARNED PROFOUND TOOLS THAT NOT ONLY GIVE ME A NEW LEVEL OF INSIGHT INTO MY OWN PROCESS BUT ENABLES ME TO TRUST THAT I AM HERE TO HELP OTHERS. ❤️

Elizabeth R - 2017

## About the Trainers and the Endorser

### Geoffrey Smith



Geoffrey has been a breathwork facilitator for over 15 years. Originally trained in Denmark with Lars Mygind, he has worked mainly in Europe and is now resident in Denmark.

Geoffrey has travelled extensively to many remote and interesting places on this beautiful planet. During the course of these journeys he has studied shiatsu, laughter yoga, emotional freedom technique, meditation and several shamanistic traditions. It his experiences from his life journeys that he brings too Eclectic BreathWork.

# Eclectic BreathWork Facilitator Education 2017-2018

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He is well known for his ability to hold a safe, loving and transformational space within which clients are able to remember who they truly are.

## Pernille Søgaard



Pernille has been a breath work facilitator for 8 years. She has a lot of experience in holding group sessions. She is also physiotherapist and is fascinated by the mind-body connection and how the use of the breath can change your whole life.

She is known for her patience and ability to see the positive aspects in every situation.

## Lars Mygind



Lars er en skarp og underholdende formidler af METAsundhed, tankefeltterapi, EFT og Transbiologisk terapi gennem foredrag og undervisning, for mennesker med vidt forskellig baggrund.

Han ser sig selv som ekspert i det transpersonelle og urbiologiske felt, kombineret med en stærk åndelig kontakt, som ofte skinner igennem i hans arbejde med mennesker.

Han er medforfatter til bøgerne "Tankefeltterapi & EFT", "Din intelligente krop" og "Tankefeltterapi – løsninger lige ved hånden" samt vært på flere DVD'ere fra Frog & Toad Publishing om tankefeltterapi og METAsundhed.

# Eclectic BreathWork Facilitator Education 2017-2018

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## If you are interested in participating

If you are interested then please contact Geoffrey by email, sending your name, phone number and the reason why you want to participate to [geoffrey@geoffreysmith.eu](mailto:geoffrey@geoffreysmith.eu).

Geoffrey or Pernille will then contact you to arrange for a participant interview and we can proceed from there.

## Need more information?

If you need more information to help you make a decision then please contact, in the first instance, Geoffrey by email [geoffrey@geoffreysmith.eu](mailto:geoffrey@geoffreysmith.eu) or, tlf/text +45 53 63 98 88.

