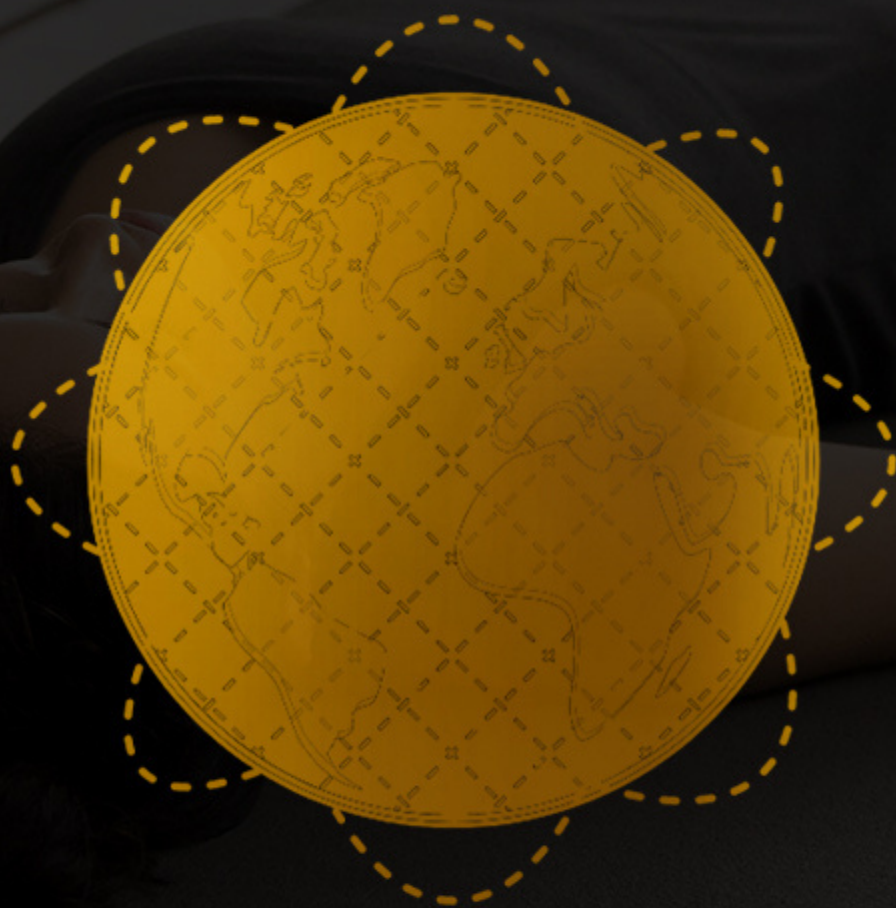




S S H A

SCHOOL OF SPIRITUAL HEALING ARTS



COURSE PROSPECTUS

'Inhale the future,
Exhale the past!'





WELCOME TO SOSHA Breathwork Facilitation

And welcome to one of the fastest growing meditative and therapeutic practices in the world, with over 1 million active breathworkers and growing.

I am so grateful you're here with us, as we journey together through this powerful journey with The Breath.

An Introduction to the SOSHA Breathwork Facilitation Program

The School of Spiritual Healing Arts (SOSHA) is primarily about bringing healing modalities to more places around the world - making it more common place to experience some of the most transformative healing modalities around.

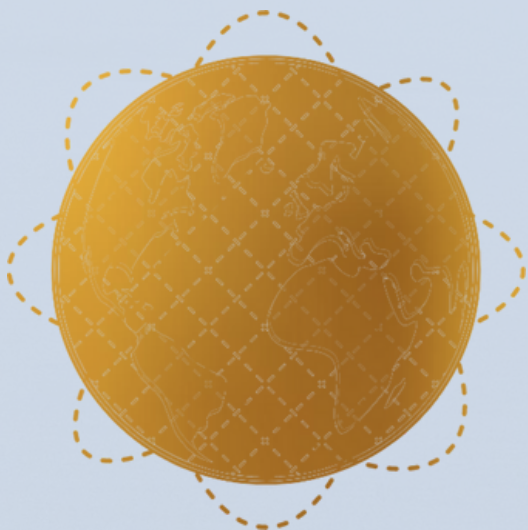
Here at SOSHA, one of our fundamental practices is Breathwork - the practice of utilising the breath to access altered states of consciousness, and the SOSHA Breathwork Facilitation Program is specifically designed to help you guide your clients through this powerful journey with The Breath.

Structured over a variety of programs, SOSHA will take you deep through the ins and outs of the theoretical and practical expertise of being a Certified Breathwork Practitioner, which is more than just knowing the technique - this is about helping people shift any type of energy stored within their body, and understanding how you can integrate this into a daily practice.

Levels 1 & 2 of the SOSHA Breathwork Facilitation journey will allow you to learn and understand the Breathwork journey at an introductory level, while still allowing you to guide clients through their own journeys. Levels 1 & 2 will give you the knowledge, confidence and experience necessary to facilitate Groups, 1:1 and Couples Breathwork sessions in both an in person and online format.

Level 3 of the SOSHA Breathwork Facilitation journey will allow you to understand with greater clarity and insight, the deeper workings of Breathwork and how it responds to various facets of the human body - both in a physical, and energetic way.

Coupled with The Initiation which allows you to become a Certified Transformational Healer through SOSHA, the combination of both modalities will allow you to unlock greater states of healing, not just for yourself, but for your clients and community as a whole.



Your
Breathwork
Journey

Why become a SOSHA Breathwork Facilitator



1

Gain all the skills you need to host and hold space for a range of different class styles



2

Gain comprehensive practical experience in a range of different class styles



3

Stand out from the rest by becoming Certified with an Internationally Accredited Healing Institution



4

Become listed as a SOSHA Certified Healer on our database to receive clients and bookings from around the world



Healing is a privilege given to those with great purpose

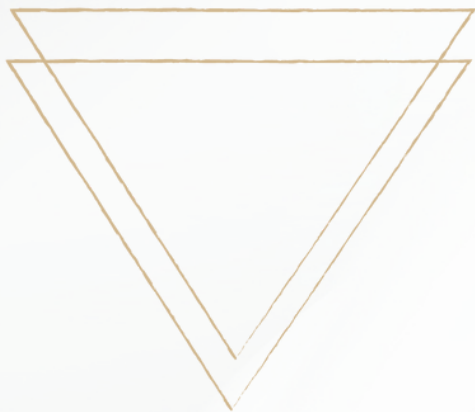
The pathway of a Healer is quite often, not an easy one. Driven by a deep desire to help heal the collective, themselves or their loved ones, a Healer's journey can sometimes involve overcoming tremendous odds, trauma and inner demons.

However, this is all for the benefit of the work they're called to do. The advice they share, the wisdom they possess has all come from a path they've walked.

SOSHA Facilitators and Healers are all beings with tremendous wisdom, and incredible power. We understand the value that a true Healer can have in both this current society, and the New Earth we're co-creating together. Which is why at SOSHA, you will find individuals who are skilled in a range of different modalities, as well as our courses which range in application.

Healers will have an incredible role to play in the future. Helping to transmute energy, helping to hold space, helping to co-create, and helping to facilitate - all for the betterment of humanity and the collective.

So allow us here at SOSHA to be the guides for you as you step into the next phase of your journey as a Healer, unlocking the true Power and Purpose you were born to wield.



Your Certification Journey



BREATHWORK
CERTIFICATION

SOSHA Breathwork Certification Level 1 50 - 100 hours

SOSHA Breathwork Certification Level 1 will give you the tools and ability to hold space for and create your own brand of SOSHA Breathwork Ceremonies, from 1:1 to groups and couples Breathwork Sessions. In this Certification module, you will be required to undergo over 30 hours of practical application as well as 3 assessments.



BREATHWORK
CERTIFICATION

SOSHA Breathwork Certification Level 2 100 - 200 hours

SOSHA Breathwork Certification Level 2 is the in depth look into the more intimate workings of Breathwork, and how it relates to a range of different systems within your body. This is for the Healer who requires a greater depth of understanding on their Breathwork journey to be able to convey to their clients. Level 2 is only accessible to those who have completed Level 1 through SOSHA.

A Thank You from us!

We here at SOSHA wish you all the very best!

This journey you're about to undertake is one of the most powerful and ground breaking experiences you will have the privilege of completing.

And we here at SOSHA are extremely excited you're about to embark on this incredibly sacred journey. Not only will you unlock deeper ways of helping to heal those around you, but your own inner work and inner journey will expand as more consciousness and awareness of different facets of yourself become more and more clear.

Whether you decide to take this journey with SOSHA, or whether you're being called to complete Breathwork with another Healing school - we wish you all the very best on your journey as a Healer, and we hope to see amazing things for you and this journey with The Breath!

But if you're feeling SOSHA is the place for you, then take the leap of aligned action and join us today!





SOSHA