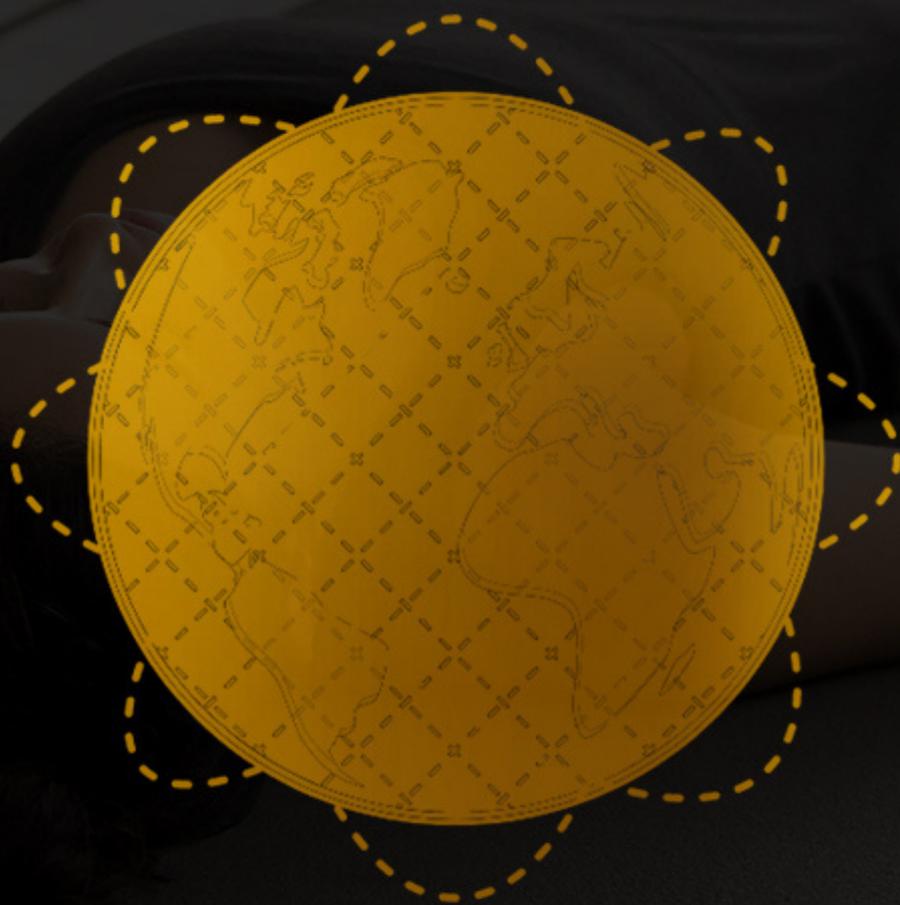


S S H A

SCHOOL OF SPIRITUAL HEALING ARTS



COURSE PROSPECTUS

'Inhale the future,  
Exhale the past!'





## WELCOME TO SOSHA Breathwork Facilitation Levels 1 & 2

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.

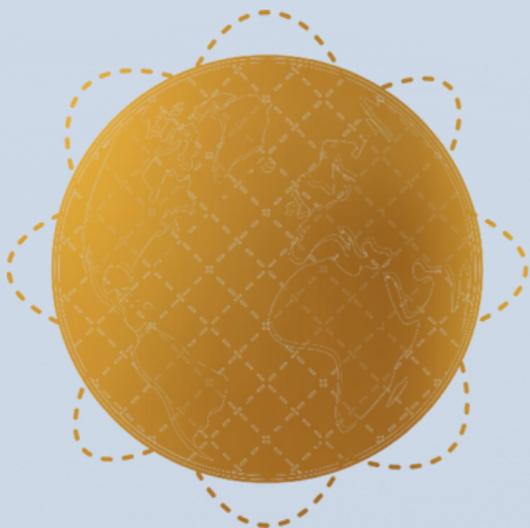
Here at SOSHA, one of our fundamental practices is Breathwork - the practice of utilising the breath to access altered states of consciousness, and the SOSHA Breathwork Facilitation Program is specifically designed to help you guide your clients through this powerful journey with The Breath.

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.

Level 1 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. Level 1 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 2 of the SOSHA Breathwork Facilitation journey will allow you to understand with greater clarity and insight, the deeper workings of Breathwork by giving you an exclusive container to enhance your experience levels with Breathwork over a 6 month/200+ hour journey.

Coupled with The Initiation & The Apprenticeship 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

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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

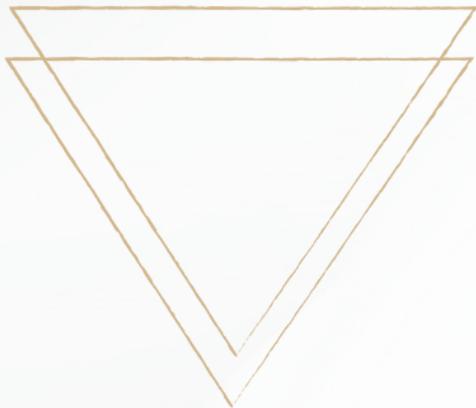
The pathway of a Healer is quite often, not an easy one. Driven by a deep desire to help heal the collective, themselves or their loved ones, a Healer's journey can sometimes involve overcoming tremendous odds, trauma and inner demons.

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

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BREATHWORK  
CERTIFICATION

## SOSHA Breathwork Certification Level 1 50+ hours (Retreat NZ Only)

SOSHA Breathwork Certification Level 1 all of the fundamentals needed to help you deliver and create your own SOSHA Breathwork style sessions in 1:1, Group & Couples formats. Held over a 4 night/5 day retreat, you will experience deep healing, and practical application to help you begin the journey of Breathwork for both yourself and others.

### Level 1 / The Retreat Format

Day One: Introduction and Session #1

Day Two: 3 x In-Person Experiential Breathwork Sessions + The Introduction to Breathwork, & 1:1 Breathwork Sessions

Day Three: 3 x In-Person Experiential Breathwork Sessions; 1 x Shamanic Breathwork Session; Groups & Couples Breathwork; Energetic Integrity & Boundaries

Days Four/Five: 2 x In-Person Experiential Breathwork Sessions; 1 x Energetic Activation; 2 x Breathwork Q&A Circles

# Your Certification Journey

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BREATHWORK  
CERTIFICATION

## SOSHA Breathwork Certification Level 1 50+ hours (Online)

SOSHA Breathwork Certification Level 1 all of the fundamentals needed to help you deliver and create your own SOSHA Breathwork style sessions in 1:1, Group & Couples formats. Held completely online with access to your own Members Lounge, you will experience deep healing, and practical application to help you begin the journey of Breathwork for both yourself and others.

### Level 1 / Online Format

Module One: Discovering Breathwork for yourself & Assessment #1.

Module Two: Learning the tools to hold space for & facilitate 1:1 Breathwork sessions & Assessment #2.

Module Three: Understanding Couples & Group Breathwork sessions & Assessment #3.

Module Four: Energetic Hygiene and best practice tools to ensure deep healing & transformation with your clients, as well as applications & tools to implement into your business to help you get the most out of being a Certified Breathwork Facilitator.

# Your Certification Journey

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## BREATHWORK CERTIFICATION

### SOSHA Breathwork Certification Level 2 200+ hours

SOSHA Breathwork Certification Level 2 is a deep experiential process allowing you to create and develop your own style of SOSHA Breathwork sessions, while also giving you the complete support of SOSHA as you gain over 200+ hours of experience in a closed, sacred container over several months - culminating in a compulsory Retreat to help you anchor every piece into your new journey.

### Level 2 Format

Section One: 80+ hours Individual & 1:1 sessions + Assessment

Section Two: 45+ hours Group sessions + Feedback + Assessment

Section Three: 23+ hours Couples sessions + Feedback + Assessment

Section Four: The Retreat - 40+ hours + In-Person Assessment & Guidance + Journeying/Healing

## A Thank You from us!

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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