

SOSHA

BREATHWORK FACILITATOR CERTIFICATION ITINERARY

32 Waihoanga Rd, Otaki Gorge, RD 2, Otaki 5582

WELCOME

To the SOSHA Breathwork Facilitation 5 Day Retreat at Waiōhanga River Lodge & Retreat Space. In this Itinerary you will find information on all of the activities over the 5 Days.

RETREAT OBJECTIVES

1. To create an empowering environment for you to learn the principles of SOSHA Breathwork
2. To create a safe space for you to go deep into your healing journey through the medicine of Breathwork
3. To have you leave feeling empowered, enriched, and with a Level 1 Qualification in Breathwork Facilitation through SOSHA

MATERIALS NEEDED

1. Journal, Workbook & Pen
2. Toiletries
3. Water bottle
4. Swimming togs
5. Yoga Mat/Blanket (For Yurt)

DAY ONE - FRIDAY

Arrival at the venue, general housekeeping and introductions

17:00 - Arrival of the guests at Waiōhanga River Lodge

17:30 - Introductions, General Housekeeping & Expectations

18:00 - Dinner

19:00 - **Opening Ceremony & Group Breathwork #1**

20:30 - Group Breathwork #1 finish, Free Time

22:00 - Day One End

DAY TWO - SATURDAY

Day One of Breathwork Facilitation Training

06:30 - **Group Session #2**

07:45 - Breakfast

08:30 - Breathwork Facilitation Day One Begins - Introduction to Breathwork

10:15 - Morning Tea Break

10:30 - **Group Breathwork #3**

12:00 - Lunch

12:45 - One on One Sessions

14:30 - Afternoon Tea

14:45 - Practical Application of One on One Sessions

16:30 - Session Wrap Up & Q&A

17:00 - Day One Facilitation End/Free Time

18:00 - Dinner

19:30 - **Group Breathwork #4**

21:00 - Free time

22:00 - Lights Out

DAY THREE - SUNDAY

Day Two of Breathwork Facilitation Training

06:30 - **Group Session #5**

07:15/07:30 - Breakfast

08:30 - Breathwork Facilitation Day Two Begins - Groups Facilitation & Theory

09:15 - Group Breathwork #5 Split Facilitation

10:00 - Morning Tea Break

10:15 - Group Breathwork #6 Split Facilitation

11:00 - Group Split Facilitation Overview & Findings/Q&A

12:00 - Lunch

12:45 - Couples Sessions

14:00 - Break

14:15 - Couple Sessions Practical Facilitation Split #1

15:15 - Afternoon Tea

15:30 - Couple Sessions Practical Facilitation Split #2

16:15 - Energetic Hygiene & Energy Practices

16:45 - Day Two Q&A's

17:15 - Day Two Facilitation End/Free Time

18:15 - Dinner

19:00 - **2 Hour Shamanic Breathwork #6**

21:00 - Free time

22:00 - Lights Out

DAY FOUR - MONDAY

Assessment & Practical Application

07:30 - **Group Session #7**

08:30 - Breakfast

10:00 - Energetic Hygiene Techniques & Practice

10:45 - Morning Tea Break

11:00 - Assessment

13:00 - Lunch

13:45 - Assessment

15:15 - Break

15:30 - Assessment

17:00 - Free Time

18:15 - Dinner

19:30 - **Campfire Stories**

21:00 - Free time

22:00 - Lights Out

DAY FIVE - TUESDAY

Insights & Intentions, Closure of the Space

07:30 - **Group Breathwork #8**

08:15 - Breakfast & Free Time

09:00 - Closing Ceremony & Final Words

10:00 - Final Tidy

11:00 - Departure

OUR INTENTION

By the end of this 5 Day Breathwork Facilitation Retreat, you will leave with a deeper understanding of how to facilitate SOSHA Breathwork, while also having a greater knowledge and experience of the power that Breathwork can hold. We expect you to be able to leave this retreat with all of the tools necessary for you to create your own Breathwork spaces, while also growing the confidence to share this medicine with as many people as possible, allowing your own energy and experience to help create your own unique Breathwork style.