



S . O . S . H . A

Breathwork Prospectus



Introduction

Welcome to the School of Spiritual Healing Arts,

Where ancient wisdom meets modern practice, creating a transformative journey for all who embark upon it. As you explore the possibilities of spiritual growth and healing, we are thrilled to introduce you to our comprehensive Breathwork training program, designed for both newcomers and seasoned practitioners alike.

Breathwork, a powerful technique for deep relaxation and emotional release, promotes profound healing and personal transformation. This practice involves seamless, rhythmic breathing, which increases oxygen flow and energy throughout the body, fostering a state of holistic well-being and heightened self-awareness.

Whether you are seeking personal healing, wish to enhance your spiritual connection, or aspire to offer support and wellness to others, our program provides the necessary tools and insights. From foundational principles to advanced techniques, our curriculum is structured to guide you through the intricacies of Breathwork at all levels. You will learn in an environment that honors tradition while embracing the individual journey of each student.

Join us at the School of Spiritual Healing Arts to begin your journey into the art of Breathwork, where healing is not just learned but deeply experienced. Discover how you can transform breath into a powerful tool for healing and bring balance to the mind, body, and spirit.



Hello!

And welcome to The School of Spiritual Healing Arts!

We started as a way to connect more people to the power of healing through Breathwork and Shamanism, and what we've grown into is the world's leading Academic Institute for Spiritual Healing Modalities - where we now incorporate a wide range of healing modalities into our curriculum, and deliver them to all corners of the world.

We're so excited that you're here, and committed to making the world a better place through healing you, healing the community, and healing the world.

Here's to your healing journey!

Dane Robertson

Co-Founder, SOSHA

WHAT IS THE SCHOOL OF SPIRITUAL HEALING ARTS?

The School of Spiritual Healing Arts is the world's leading Academic Institute for Healing Modalities, which helps individuals from all across the globe learn from industry experts, in the wide range of healing modalities available to them.

At SOSHA we pride ourselves in:



EXCELLENCE IN EDUCATION

We take great pride in rigorous academic standards, high-quality instruction, and comprehensive curriculum development to ensure that students receive a world-class education in spiritual healing modalities.

GLOBAL COMMUNITY AND DIVERSITY

At SOSHA we foster an inclusive and diverse global community that welcomes students from various cultural, spiritual, and geographical backgrounds.

GUIDANCE AND PROFESSIONAL DEVELOPMENT

At SOSHA we commit to supporting each student's journey through personalized mentoring, professional development opportunities, and a supportive learning environment.

What You'll Receive Inside SOSHA Breathwork Certification

The Structure:

- Level-based Progression - and 120+ hours of advanced training
- Theory and Principles + detailed learning & growth
- Practical Training
- 3 Month Courses + Clear Skill Progression
- Mentorship & Feedback
- Assessment & Certification

Learning Outcomes:

- Graduates will have developed a thorough understanding and proficiency in Breathwork techniques
- Advanced Certification & Global Recognition
- Graduates will be well-versed in the ethical considerations necessary for a Breathwork practice
- Graduates will experience significant personal growth & Global Community Connection





Top 3 Things You'll Walk Away With

1

Mastery of
Breathwork Practice

2

Certified Practitioner
Status

3

Enhanced Personal
and Spiritual Growth

This Certification is all about developing you as a world-class SOSHA Breathwork Practitioner through a clearly defined and globally recognised healing institute - taking you from relative obscurity, to advanced Master Practitioner status through top-tier educational processes here at The School of Spiritual Healing Arts.



Module Learning Objectives

Level 1

COURSE CONTENTS

WEEKS

1 & 2

Introduction to SOSHA
Breathwork and
Conscious Connected
Breathing fundamentals

WEEKS

5 & 6

Exploring the science,
safety, and ethics of
Breathwork practices

WEEKS

9 & 10

Integrating Breathwork
into daily life, self-
reflection, and journaling

WEEKS

3 & 4

Exploring the science,
safety, and ethics of
Breathwork practices

WEEKS

7 & 8

Creating a safe
environment and leading
guided Breathwork
sessions

WEEKS

11 & 12

Practice sessions with
partners/groups and final
assessment for
certification

Level 2

COURSE CONTENTS

WEEKS

1 & 2

Advanced breathing techniques and exploring altered states of consciousness

WEEKS

5 & 6

Holding space effectively and using Breathwork as a healing tool for trauma

WEEKS

9 & 10

Ethical considerations, professional boundaries, and practical case studies

WEEKS

3 & 4

Emotional release through Breathwork and body awareness practices

WEEKS

7 & 8

Enhancing Breathwork sessions with music/soundscapes and facilitating group dynamics

WEEKS

11 & 12

Building a Breathwork practice, marketing, client management, and final certification

Breathwork Master

COURSE CONTENTS

WEEKS

1 & 2

Mastery of breath control and integrating other modalities with Breathwork

WEEKS

3 & 4

Techniques for working with challenging clients and deepening altered states

WEEKS

5 & 6

Leading large groups and advanced trauma work for deep healing

WEEKS

7 & 8

Customizing Breathwork sessions for individual needs and exploring ethical dilemmas

WEEKS

9 & 10

Integration techniques for long-term benefits and learning from advanced case studies

WEEKS

11 & 12

Mentoring future practitioners, training techniques, and final certification

SOSHA Breathwork Level 1



- Breathwork History
- Connected Breathing
- Breathwork Science
- Safety Practices
- Basic Techniques
- Intention Setting
- Ethical Considerations and Professionalism

- Intention Setting
- Daily Integration Techniques
- Self-Reflection Techniques
- Journaling Tools
- Partner Work
- Final Assessment
- Certification Process
- + So Much More



Breathe In...

SOSHA Breathwork Level 2



- Advanced Techniques
- Altered States
- Emotional Release
- Body Awareness
- Facilitation Skills
- Trauma Informed Healing
- Music Integration
- Group Dynamics

- Ethical Boundaries
- Case Studies
- Marketing Skills
- Spiritual Growth
- Client Management
- Professional Development
- Continued Education and Community Involvement
- + So Much More



Breathe Out...

SOSHA Breathwork Master Level

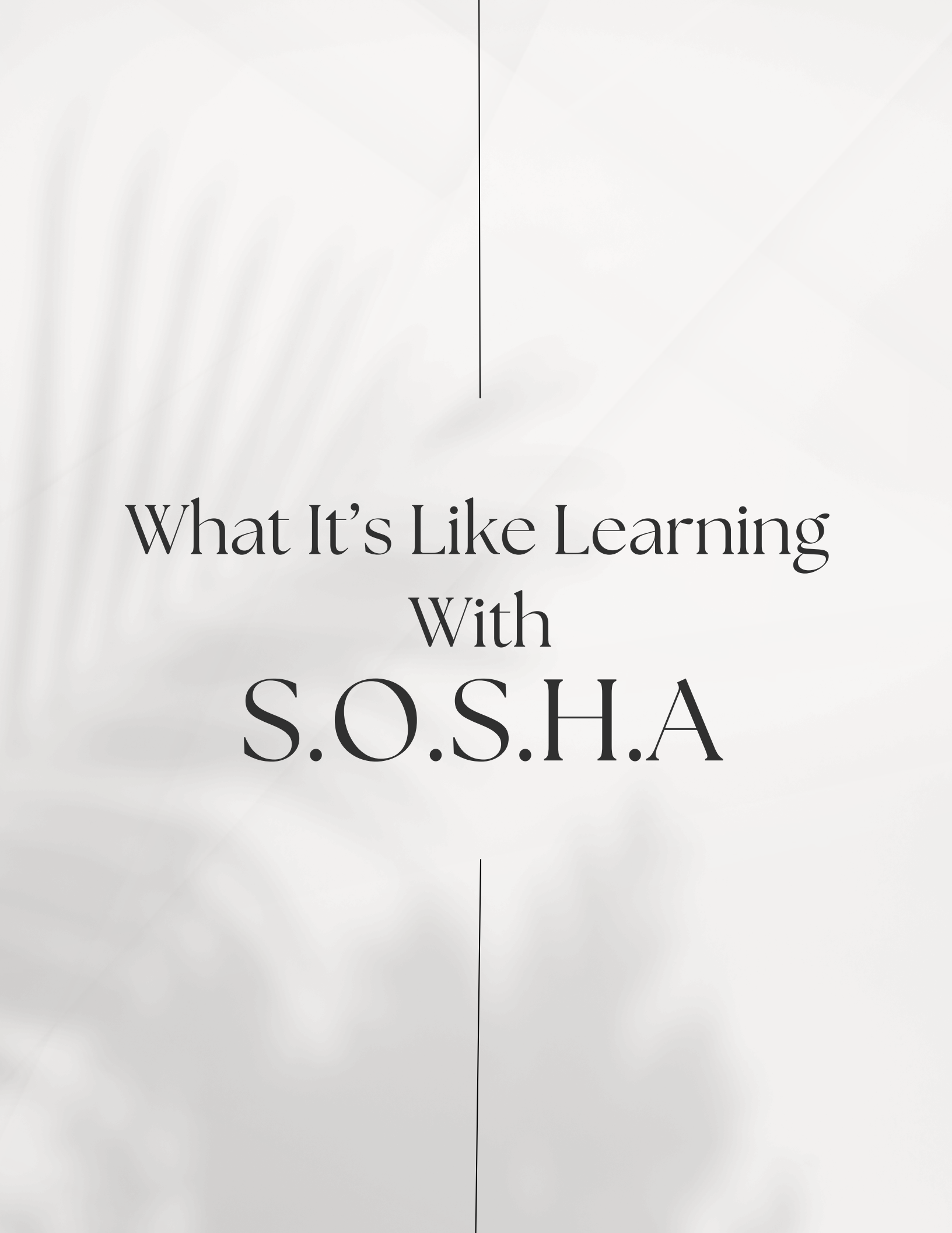


- Breath Control
- Modality Integration
- Challenging Clients
- Altered States
- Group Leadership
- Trauma Work
- Session Customization

- Ethical Dilemmas
- Long-Term Integration
- Case Studies
- Mentoring Skills
- Training Techniques
- Deep Healing
- Sustainability in Practice
- Assessment & Final Certification
- + So Much More



...And Heal

A background image showing several hands of different skin tones reaching up to hold a globe. The image is faded and serves as a backdrop for the text.

What It's Like Learning
With
S.O.S.H.A

Client Testimonial



“You guys have done amazing! I loved how you organised the whole retreat. The way you set the days up, the structure and order you did everything with just enough down time for breaks. I've actually come away feeling pretty confident going forward to do it with clients almost straight away! Thank you!!”

Trish Strike
SOSHA Level 1
Breathwork



Client Testimonial

“I’ve had such an amazing week at the SOSHA breathwork certification retreat! Learning and crafting this beautiful skill of deep breathwork, and being guided by some really great leaders. It's been phenomenal, I can't even put words on it!”



Darran Ingram

SOSHA Level 1 Breathwork
Facilitator



Client Testimonial

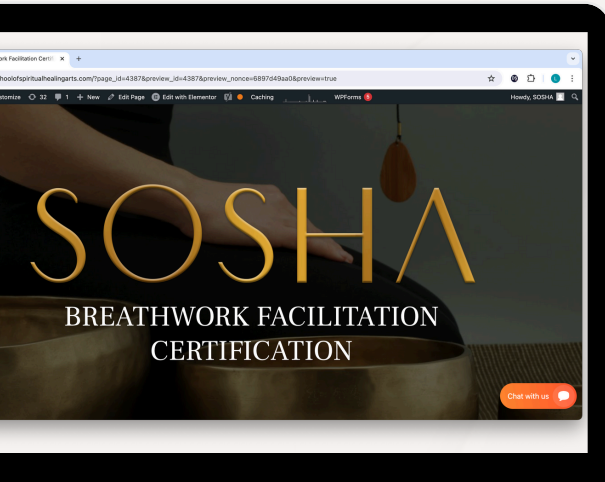


“As a person who was naturally quite nervous coming into this space, and naturally being quite a homebody – when I came in I felt so supported, it was such a safe environment – and I was just so guided through the whole experience!
I couldn’t recommend it more!”

Kendall Melville
SOSHA Level 1
Breathwork



Ring Ring Your Next Level is calling!



The SOSHA Breathwork Certification is a bonafide way for you to become a top-tier healer in the world, with one of the leading Healing Modalities. So join us in our next intake, and ENROL NOW!

“I found this incredible Retreat by SOSHA to be a powerful journey for myself – to release, to let go and to elevate those parts of myself which were really being called forward. It’s been absolutely MAGIC!”

Adam Robertson

SOSHA Level 1 Breathwork



Today is the beginning of your Healing Excellence journey!

Your Next Steps

- 1) Click the link on the website and join us in the next intake of the SOSHA Breathwork Certification
- 2) Receive your login & registration details via EMAIL and await start date
- 3) Register for another Healing Modality with SOSHA and amplify your healing experience!

If you have any questions about the program - or how you can access more information, contact us below!



Contact:

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