



## **Breath-Body-Mind Level-1 Teacher Training LEARNING OBJECTIVES**

**At the conclusion of this workshop, Breath-Body-Mind Level-1 Teacher Training, participants will be able to:**

- 1. Demonstrate coherent breathing for stress reduction to individuals and small groups.**
- 2. Conduct three activating practices, The First Golden Wheel (Shaking), Ha breath and Tapping to individuals and small groups for releasing physical tension, energizing and focusing attention.**
- 3. Discuss Qigong Practice of 4-4-6-2 Breathing to individuals and small groups for calming and balancing the stress response system.**
- 4. Demonstrate 4-4 Breathing with arm movements at the Coherent Breath Rate to individuals and small groups for calming and balancing the stress response system.**
- 5. Practice teaching Coherent Breathing to individuals and small groups for calming and balancing the stress response system.**
- 6. Explain Breath Moving to individuals and small group for somatic release of areas of tension associated with stress and trauma.**
- 7. Practice teaching a Basic Body Scan to individuals and small groups for integration of the psychophysiological experiences of the above practices.**
- 8. Explain the effects of Coherent Breathing practices on the autonomic stress response system.**
- 9. Discuss the ways that Breath-Body-Mind programs have been used by healthcare providers, NGOs, First Responders, Military personnel and volunteers for relief of stress and trauma for adults and children affected by**

**disasters such as war, genocide, earthquakes, floods, terrorist attacks, displacement (refugees) and the current COVID-19 crisis.**

**10. Describe two ways that Breath-Body-Mind techniques can be integrated into psychotherapy to facilitate treatments.**

**11. Discuss further training and skills development.**