

SCHOOL BREATHE

breathwork for a calmer classroom



School Breathe Breath Coach Training

Become a Breath Coach for
Teaching Children in America

FULL SYLLABUS FOR 2024

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SCHOOL BREATHE CIC

Aimee Hartley, the author of "Breathe Well," a certified breath coach, yoga teacher, and mother of two, established the School Breathe Community Interest Company (www.schoolbreathe.org) when her first child entered school. Observing elevated levels of stress and anxiety among both students and teachers, and recognising the transformative effects of a brief, consistent breathwork practice, Aimee developed a concise breathwork program for her son's teacher to introduce to the class. The outcomes were remarkable, prompting additional educators and schools to express interest in implementing the breathwork program.

To satisfy growing demand, she called upon a selected group of trusted, certified breath coaches and wellness experts to help produce an online programme in order to reach more children and schools. Five years on, the programme now reaches hundreds of school children across the UK, Europe, US and Australia.

Witnessing the effects of breathwork first hand, teachers of the schools enrolled on the online programme were keen to become breath coaches. We then developed the School Breathe Breath Coach Training to share our breathwork knowledge with teachers and school staff.

The feedback from schools and teachers who have embarked on the online programme and training has been overwhelmingly positive. We are very proud that our programme, which uses scientifically proven breathwork practises, is having such a profoundly positive effect on children and the wider community.

"We are a committed team of certified breath coaches, health professionals and teachers who share a passion for teaching children transformative breathwork practices. We are keen to reach as many children as possible and would love you to join our growing community."

Aimee Hartley, Founder



COURSE OVERVIEW

School Breathe CIC Breath Coach Training for Teaching Children is self-paced online program with mentor support.

The training will certify you to teach children, aged 4-11 years old, in educational settings, worldwide, online & in-person.

- **Course Format:** The course will be delivered through a combination of online lessons, in both video and downloadable document format. You will learn breath techniques to teach via our team of breath coaches and there will be Q + A's, journaling and observation, monthly check ins, and practical exercises for you to learn to help develop your own self practice. Participants will have access to instructional materials, guided breathwork sessions, and resources to support their learning.
- **Assessment and Certification:** Participants will be assessed through practical demonstrations, multiple choice Q + A's, teaching abilities and a final project where teaching a 5 week programme, designed to help you consolidate all that you have learned, will be completed. Successful completion of the course will lead to a "School Breathe Breath Coach" certification.
- **Course Duration:** The course will typically span between 9 - 12 months with a combination of online learning, self-practice, observation and mentorship, allowing you to practice and effectively integrate breathwork techniques into your teaching practice.
- **NB:** This course overview is a general outline and can be adapted and customized to suit the specific needs and requirements of different schools or educational settings.

The course covers the following topics:

- How to cultivate breath awareness for yourself and students
- The essentials of breathing well, and the scientifically proven benefits
- How to implement simple breath practices throughout the day
- Breathwork techniques to help children manage stress + anxiety
- Breathwork practices to help children self-regulate bigger feelings
- Breath focused practises to help children cultivate present moment awareness, focus + concentration
- Self-development practices for yourself
- Learning short and effective routines to teach to class



WHO THIS TRAINING IS FOR

Breath Coach Training for Teaching Children is designed for individuals who are looking to become a certified breathwork coach or educator with a focus on implementing breathwork techniques within an educational setting. The primary target audience for this training includes:

- **School Teachers:** Teachers who wish to enhance their skills and knowledge and incorporate breathwork practices into their classroom routines, lesson plans and student interactions.
- **School Administrators:** Principals, vice-principals, pastoral carers and other school administrators who want to understand the benefits of breathwork in schools and support its integration across the entire school community.
- **Counselors and Therapists:** School counselors, therapists, and mental health professionals interested in using breathwork as a complementary tool to support students' emotional well-being and mental health.
- **Education Professionals:** Individuals involved in the education field, such as educational psychologists, behavior specialists, and learning support coordinators, seeking additional tools to help students thrive academically and emotionally.
- **Health and Physical Education Instructors:** Teachers in the health and physical education departments who want to incorporate breathwork exercises into their fitness and well-being programs.
- **Youth and Childcare Workers:** Individuals working in youth centres, after-school programs, or childcare facilities who want to introduce breathwork practices to the children they support.
- **Parents and Caregivers:** Parents or caregivers interested in understanding breathwork techniques to use with their own children at home or to support their children's schools in implementing these practices.
- **Life, Wellness Coaches, Yoga Teachers and Mindfulness Practitioners:** Professionals with expertise in life/wellness coaching or mindfulness who wish to expand their skill set to include breathwork and its application in school settings.

It's important to note that while the training targets these specific groups, breathwork can be beneficial for anyone working with or caring for children and adolescents. The goal of the training is to provide participants with the knowledge, tools, and certification necessary to effectively incorporate breathwork techniques in schools, promoting overall well-being, emotional regulation, and academic success for students.

MEET YOUR TEACHERS

HANNAH GOODMAN-RYALLS

Trainer + Co-Director



Hannah has been facilitating breathwork since 2016 and is passionate about teaching life tools for teachers to share with the next generation.

Alongside Aimee, she has introduced the School Breathe program in multiple schools and successfully led a breathwork course at the Totteridge Academy. Beyond this, Hannah runs her own breathwork training program and actively participates in the Forest Garden, a community that focuses on decolonizing wellness spaces. Hannah's rooted approach serves as a grounding force within the School Breathe team.

AIMEE HARTLEY

Founder



Aimee trained with Dr Judith Kravitz of Transformational Breath, Dr Patricia Gerbarg & Richard Brown of Breath-Body-Mind, and has completed Level 2 of Art of Living. During her 500 + hour yoga training, she was lucky enough to study with Donna Farhi and Max Strom. Her combined knowledge of teachings, which included breathwork for children, inspired her to create a comprehensive breathwork programme for schools. Constantly inspired to teach breathwork in creative, engaging and fun ways, Aimee feels blessed to know Hannah and Mel who continuously support and inspire her vision.

MELANIE LACY-FEW TRELL

Trainer + Co-Director



Mel aka BreathGal, is extensively trained in breathwork. She holds qualifications from Inspirational Breathing, the Buteyko Clinic, Yoga Teacher College and the Shala London. She worked at Patcham Junior School as a teaching assistant where she noticed the vast potential of breathwork in schools.

She is on the leadership and fundraising team at School Breathe, and runs private sessions to help children and teenagers overcome anxiety through breathwork. Mel's fun, effervescent and intelligent nature keeps us all upbeat here at School Breathe.

TRAINING SYNOPSIS

History of Breathwork

Historical origins and development of breathwork practices including the evolution of modern breathwork modalities.

Anatomy + Physiology

Anatomy of the respiratory system, lungs, diaphragm, and accessory respiratory muscles. The physiological processes involved in respiration.

Breath Awareness

Cultivating mindfulness and consciousness around the breath. Understanding functional breathing vs dysfunctional breathing.

Unique Breath Patterns

Guiding and highlighting some of the unique breathing patterns observed in breathwork. Learn how to observe and analyse different breath patterns in children and adults.

Benefits of Breathwork

The physical, mental, and emotional benefits of breathwork. Including stress reduction, improved focus, enhanced lung capacity, better sleep, emotional regulation, and other positive effects.

Techniques to share in class

Your guide for sharing these practices in class, groups or 121s. Including step-by-step instructions, scripts, tips for effective facilitation, and considerations for adapting techniques to different children's needs and experience levels.

Self Practice

Learn about your own unique breath pattern and how you can develop healthy breathing habits and begin to develop a regular personal breath practice.

Coherent Breathing

Learn and build a short daily practice of Coherent Breathing. Experience the physical, mental and emotional benefits of building a breathwork practice.

Science of Breathing Well

Understand and learn the science behind breathing well. Learn specific techniques to help you feel calm and focused.

Stress and the Breath

Learn and understand how stress affects the autonomic nervous system. Learn about signs and signals of trauma in the breath. Learn techniques to self-regulate emotions.

The Breath and the Brain

Learn the relationship between the breath and limbic system. Learn how our breathing can affect our ability to learn.

Breathwork for The Body

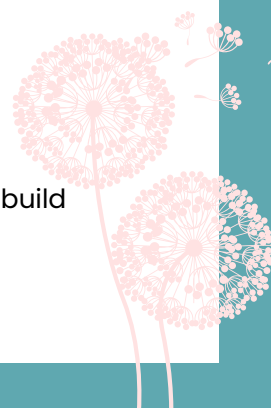
As part of the five-week course you must present to children, learn to teach techniques to class to improve children's respiration posture, seated posture and balance their energy.

Breathwork for The Heart

Learn to teach techniques to self-regulate big feelings, balance emotions and learn short routines to ease stress and anxiety.

Breathwork for the Mind

Learn to teach techniques to improve concentration, focus and quieten the mind. Start to build your own breathing and movement routines to teach to class.



BREATHING BUDDIES

In addition to the continuous support and guidance from your teachers and mentors, we have established a unique "Breathing Buddies" system. This system allows you to connect with fellow participants on the breath coach training, which will help you form strong bonds to provide mutual support and encouragement throughout the training and your own breath coach and teaching journey.

It's a space where you can be there for each other, breathe together, and create lasting friendships with like-minded individuals who have either completed or are currently participating in the training. Together, you'll form a tight-knit community, supporting and inspiring one another to teach breathwork to children and you will also meet quality friends for life.



This is a safe space for you to share breath-related questions, queries, enquiry and learn different teaching styles from one another. Where possible we can pair you with others who are on the training course and in a similar location to yourself to make in person meet ups possible too.

Building a breath coach and teaching community will help build individual confidence both personally and professionally. We also invite trainees and certified breath coaches to teach at our live events and collaborations which is a fantastic way to create and sustain connections.

[Book Your 15 minute free discovery call](#)

[>>HERE<<](#)



COURSE DATES & DETAILS

LIVE AND ONLINE

In addition to participating in this interactive training platform, you will also have the opportunity to join monthly live and online calls with each of the course teachers. These calls provide a valuable space for direct interaction, allowing you to ask questions, receive personalized guidance, and deepen your understanding of the material. Moreover, we have a WhatsApp group for more immediate messaging, enabling real-time communication with your teachers and fellow participants, fostering a supportive and connected learning community.

COURSE DATES

Enrolment: Open NOW!
Course Starts: Enrol now and start anytime in 2024
Course Ends: Self-paced (between 9-12 months depending on your schedule)

**DO YOU HAVE
ANY QUESTIONS?**

>>CLICK HERE<<

"I loved School Breathe's Breath Coach Training and happy to say the children I teach are calmer, more focused and happier for having breathwork practices in their lives. I'm looking forward to taking this to year 2 next term. Thank you School Breathe!"

Ruth Ashworth, primary school teacher Birmingham

TRAINING REQUIREMENTS

- Complete reading recommendations and write short review of each
- Complete all 3 modules
- Answer all Q and A and Assessments throughout the modules
- Submit 2 videos of teaching breathwork
- Complete the 5 week 'teach to class' course
- Complete teaching hours
- Submit 2 class plans
- Start a self practice with journal evidence of continued practice
- Attend 5 live monthly seminars within 12 months
- Meet with and feedback to mentor
- Connect with Breathing Buddy
- Complete within 12 months

ACCREDITATION



You will receive a certificate directly from School Breathe CIC
signed by one of the Directors

*School Breathe Directors are recognised by the IBF & BDPA

ETHOS & ETHICS

When working with children, a strong ethos and ethics are paramount to ensure their safety, well-being, and holistic development. Ethos in this context revolves around creating a nurturing and supportive environment that fosters trust, respect, and open communication with each child. It involves demonstrating compassion, understanding, and a genuine commitment to their growth. Ethical considerations involve safeguarding their physical and emotional welfare, maintaining confidentiality, and obtaining informed consent from parents or guardians for any activities involving the child. It also means promoting inclusivity, diversity, and equity, ensuring that each child's unique needs and perspectives are valued and respected. Practitioners must prioritize the child's best interests at all times and maintain professional boundaries to foster a safe and empowering space for their growth and self-expression.

A full breakdown of our ethics and ethos are also shared in the training course.

LEGALITIES

The School Breathe Breath Coach Training program equips you to instruct children in the practice of breathwork. However, working with children will also involve your compliance with the various legal and regulatory frameworks, which can vary significantly from one country to another.

Generally, individuals working with children must undergo background checks, which may include criminal record checks, and adhere to local laws and regulations related to child protection and safeguarding.

Additionally, organisations working with children usually have their own policies and codes of conduct to ensure the well-being of minors. Given the international diversity of legal requirements and regulations, those working with children must carefully research and comply with the specific rules and guidelines applicable to their region and context.

We will make every effort to assist you throughout this process and provide you with as much information as possible regarding the legal requirements. You can find this information included in the course content.



COMMITMENTS

Although the course is self-paced, we will also allocate you with a School Breathe mentor who can be there when you need a little extra support to complete any of the modules or tasks. We suggest the course is completed within 12 months for you to be able to teach with confidence and remember everything you have learnt. Below offers you an outline of particular commitments which are needed for you to become a certified School Breathe Breath Coach.

Ideally the online part of the course will require:

- 1 hour per week to read, watch and download course information
- 5 -10 minutes daily breathwork practice (this can build throughout)
- 2 - 5 hours per month to complete the tasks within the modules
- 15 minutes per week for journaling and observation
- 1 - 2 hours a month practising teaching breath techniques to class

Commitments to complete over your training period.

- Completing the coursework for modules 1, 2 and 3
- Attendance (at 7 out of 12) monthly online breathes
- Reading 3 recommended books and submitting short review for each one
- Graduation Project: Teaching a 5 week course
- Lesson planning for longer routines
- Personal Journey - not measured in time but in transformation

We are firm believers that one doesn't begin to learn to teach until one starts teaching. With this in mind, we gently encourage you to start teaching simple breath awareness techniques from the beginning of the training, during Module One. Throughout the entire training course, there is ample opportunity for you to teach breath exercises and techniques, so you will not have to wait 12 months to start teaching breathwork to children.



FINANCIALS

Aware of today's financial climate, alongside the lack of support from the government for mental and emotional health initiatives in schools, our training is priced to reach as many people as possible. For those who cannot afford the cost personally, there are private and national funding pots listed below you can apply for to help access our training. Please see below for full information.

Cost	Full Price US\$995
Payment plans	US\$85 per month
Bursary	% paid for by School Breathe CIC
Funding	% paid for / fully paid for via funding applications

Refunds Course fees are non-refundable, and once you've enrolled in the course, it is anticipated that all outstanding fees must be settled, regardless of your ability to finish it. Should life events happen and you are unable to complete the course, depending on individual circumstances, we will invite you to complete the training at a later date.

Suggested funding

Grants 4 Schools General Funding Site to access grants for education.
<https://www.grants4schools.info/>

The Childs Charitable Trust is a grant-making trust, supporting Christian UK registered charities and organisations both in the UK and overseas.

People's Lottery is a grant-making trust, supporting individuals and cics

BBC Children in Need www.bbcchildreninneed.co.uk/grants/apply/project-costs-funding-stream

Pears Foundation www.pearsfoundation.org.uk

Aim Foundation www.theaimfoundation.org.uk/what-we-fund/ UK Children and Youth

KFC Foundation www.getgrants.org.uk/kfc-foundation/ UK Young People

Beatrice Laing <https://www.laingfamilytrusts.org.uk/> UK Mental Health

Tesco Community Grants <https://tescocommunitygrants.org.uk/>

"I think I've just walked into the quietest classroom in the UK."

Helen Needham, Radio 4 Producer
visits a School Breathe Infant School



NEXT STEPS

How are you feeling after reviewing the training outline? Do you have any questions? We invite you to a 30-minute discovery call where we can personally address any queries you have.

We understand that the Breath Coach Training requires a significant commitment in terms of time and finances. It's essential for both of us to be sure that this is the right journey for you at this time.

Rest assured, this is a no-strings-attached call, and we will never use high-pressure sales tactics to persuade you to book. Our priority is to ensure you genuinely feel comfortable with our training.

When you're ready, please feel free to book yourself for a 30-minute Zoom call with us. We look forward to discussing the training and addressing any questions you may have.

