THE SCHOOL OF BREATHWORK

European Integrated Pathway

ENROLMENT HANDBOOK · 2027

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WELCOME

Practitioner training in a gentle, parasympathetic style of breathwork

The International Certificate of Breathwork Mastery (RBM) is a comprehensive two-year professional training, offered in partnership with founder Alakh Analda, that unfolds across three stages — your own personal breathwork journey (Stage 1), the theoretical skills and knowledge units (Stage 2), and supported, supervised client contact (Stage 3).

Delivered in small groups and deeply supported with 1:1 and group supervision, it takes you from your own deep personal process through to facilitating individual and group sessions with confidence as a certified practitioner — a qualification recognised by the Australian Breathwork Association and meeting the standards of the Global Breathwork Alliance.

HOW ENROLMENT WORKS

The enrolment process

Four simple steps, from reading this handbook to securing your place.

1

REVIEW THE INFORMATION

Take your time to look through this enrolment handbook; it includes the pathway outline, fees and calendar.

2

SUBMIT THE ENROLMENT FORM

Complete the fillable enrolment form included with this pack and email it to info@theschoolofbreathwork.com.

3

CONFIRMATION OF YOUR PLACE

Places are limited, and submitting a form does not guarantee a place. You'll be notified within 7 days of submitting whether your enrolment has been accepted.

4

SIGN THE TRAINING AGREEMENT

Once you accept your offer, you'll receive a training agreement; sign to confirm your place and pay your deposit.

STEP 2 · PLEASE CLICK BELOW

Click here to open the Enrolment Form →

Downloads a fillable PDF — open it in Adobe Acrobat Reader, complete, save, and email to info@theschoolofbreathwork.com

THE TRAINING

What the training looks like

Begins late January 2027 with Orientation, and runs across two years — Stage 1 & 2 in 2027, Stage 3 in 2028.

Orientation Session — Thursday 27th January 2027 · 6:00 PM AEDT (Sydney time) · 9:00 AM CET

STAGE	WHAT HAPPENS
STAGE 1	36 Personal Breathwork Sessions — one retreat (12 sessions) with The School of Breathwork team in Portugal or the Netherlands in June 2027, and 24 online small-group breathwork sessions.
STAGE 2	Access to the 7 Workbooks + 7 live Workbook seminars monthly (replays available).
STAGE 3	Individual and group supervision and training: monthly group supervision with your fellow trainees, a peer mentor throughout, exchanges, assists and direct message support with your trainer, who supervises you individually before, during and after your co-facilitate sessions. Your final six months include business calls focused on pricing, finding clients and building your own practice.

Your personal breathwork sessions are held in a small group of just six trainees to one facilitator — a maximum 6:1 ratio — within a wider circle of up to eighteen participants. Retreats are intimate and personal: you stay with the same small group, journeying alongside the same wider group throughout Stage 1.

YOUR RETREAT — 2027

Where you'll gather

PORTUGAL EU TRAINING PATHWAY — RETREAT

Monte de Orada, Portugal — 13th–20th June 2027.

· **Read the Portugal retreat information pack**

NETHERLANDS EU TRAINING PATHWAY — RETREAT

The Place to Be, Zelhem, Achterhoek, Netherlands — 31st May–6th June 2027.

· **Read the Netherlands retreat information pack**

PORTUGAL RETREAT · PLEASE CLICK BELOW

Click here to read the Portugal Retreat Pack →

Monte de Orada, Portugal — 13th–20th June 2027.

NETHERLANDS RETREAT · PLEASE CLICK BELOW

Click here to read the Netherlands Retreat Pack →

The Place to Be, Zelhem, Achterhoek — 31st May–6th June 2027.

YOUR WEEKLY RHYTHM

Your weekly rhythm

Your 24 online sessions run across the year, starting in mid-February, so your training spreads evenly around the retreat.

PORTUGAL RETREAT GROUPS — PLEASE SELECT ONE TIME FOR THE YEAR

→ Tuesday 6:00 PM AEST/AEDT (Sydney time) · Tuesday 9:00 AM CET

→ Wednesday 3:30 AM AEST/AEDT (Sydney time) · Tuesday 6:30 PM CET

NETHERLANDS RETREAT GROUPS — PLEASE SELECT ONE TIME FOR THE YEAR

→ Thursday 6:00 PM AEST/AEDT (Sydney time) · Thursday 9:00 AM CET

→ Friday 3:30 AM AEST/AEDT (Sydney time) · Thursday 6:30 PM CET

Sessions run 3.5 hours, live — no replays available.

The School of Breathwork operates on AEST/AEDT Sydney time. Please convert this to your local time using your phone's world clock or a time-zone converter. Please note: clocks change to CEST in April, which may shift your local time.

FEES & PAYMENT

Fees & payment options

All prices include the 3.5% card processing fee (Stripe).

ITEM	PORTUGAL shared room	NETHERLANDS twin share	NETHERLANDS single room
Administration fee	$165	$165	$165
Stage 1 — 24 online sessions	$6,210	$6,210	$6,210
Stage 1 — retreat	$6,550	$5,950	$6,250
Stage 2	$1,445	$1,445	$1,445
Stage 3	$6,200	$6,200	$6,200
Total	**$20,570**	**$19,970**	**$20,270**

TO SECURE YOUR PLACE

$1,665

$1,500 deposit + $165 admin

Choose your retreat and room type on the enrolment form; your total is confirmed in writing.

PAYMENT OPTIONS

Ways to pay

PAY IN FULL — SAVE $500

Pay the $165 admin fee plus Stages 1, 2 & 3 in full on enrolment to receive a $500 discount: $20,070 Portugal shared room / $19,470 Netherlands twin share / $19,770 Netherlands single room.

PAY BY INSTALMENT

Pay the $165 admin fee plus a non-refundable $1,500 deposit on enrolment to secure your place. Your Stage 1 online sessions and Stage 2 are spread over 12 monthly instalments of $554.58; your retreat balance is due one month before the retreat; and Stage 3 is payable on commencement (2028).

RETREAT PAYMENT TERMS & CONDITIONS

Deposit: A non-refundable $1,500 deposit is due on enrolment to secure your place.

Balance: Your retreat balance is due one month prior to the retreat.

Cancellation: We understand circumstances can change; please notify us as soon as possible. If you cancel after making your final payment and we're able to fill your place, you'll receive a full refund minus the deposit and any admin fees. If we're unable to fill your place, the amount paid is non-refundable.

COMMON QUESTIONS

Common questions

What is the integrated training option?

You'll complete 12 sessions in person at a retreat, plus 24 online small-group breathwork sessions, for Stage 1.

Do I have to attend a retreat, or can I just do the online component?

The retreat is part of this pathway. If you'd prefer online only, please look at our Online-Only Pathway.

Where are the retreats?

Portugal (Monte de Orada) or the Netherlands (The Place to Be, Zelhem).

What does the retreat fee include?

Your in-person breathwork sessions, accommodation and meals. Flights and transfers to/from the venue are additional.

Are payment plans available?

Yes — your retreat balance can be spread over instalments before the retreat, and other payment-plan options are available. Stage 3 is payable on commencement.

Do I need to set study time aside for Stage 2 & the Workbooks?

It's really powerful to attend the live Workbook seminars, but we understand that's not always possible. Sessions are recorded and replays are available — we recommend moving through the workbooks at your own pace.

Is there anything I need to do before we start?

Nothing at all — we'll reach out beforehand and set you up with access to our training platform.

READY TO JOIN US

Ready to join us?

A deposit + admin fee confirms your place. We'll then send your Training Agreement to sign and your deposit invoice — and you're in.

THE SCHOOL OF BREATHWORK

YOUR PLACE IS ONE STEP AWAY

ENROL NOW

Complete the fillable enrolment form attached to this email and return it to **info@theschoolofbreathwork.com**.

Questions first? Email info@theschoolofbreathwork.com and speak with Jacinta Patten, Stage 1 Coordinator — we'd love to support you to decide.

PLEASE CLICK BELOW

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