THE SCHOOL OF BREATHWORK

Online-Only 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 — Monday 25th January 2027 · 6:00 PM AEDT (Sydney time)

STAGE	WHAT HAPPENS
STAGE 1	36 weekly online small-group breathwork sessions across the year.
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, consistent group of up to eight trainees with one or two facilitators. You stay with the same small group each week, journeying together throughout Stage 1.

YOUR WEEKLY RHYTHM

Your weekly rhythm

Starting the first week of February 2027 — one live session each week, in a consistent small group.

SESSION SCHEDULE — PLEASE SELECT ONE TIME FOR THE YEAR

- → Monday 10:30 AM AEST/AEDT (Sydney time)
- → Monday 6:00 PM AEST/AEDT (Sydney time)
- → Tuesday 10:30 AM AEST/AEDT (Sydney time)
- → Wednesday 10:30 AM AEST/AEDT (Sydney time)
- → Thursday 10:30 AM AEST/AEDT (Sydney time)

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.

FEES & PAYMENT

Fees & payment options

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

ITEM	COST (AUD)
Administration fee	$165
Stage 1 — 36 online sessions	$9,315
Stage 2	$1,445
Stage 3	$6,200
Total	$17,125

TO SECURE YOUR PLACE

$1,665

$1,500 deposit + $165 admin

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: **$16,625 AUD**.

12 MONTH PAYMENT PLAN

Pay the $165 admin fee plus a non-refundable $1,500 deposit on enrolment to secure your place, then pay **12 x monthly instalments of $1,288.33 AUD** commencing January 2027. All stages are included.

18 MONTH PAYMENT PLAN

Pay the $165 admin fee plus a non-refundable $1,500 deposit on enrolment to secure your place, then pay **18 x monthly instalments of $858.89 AUD** commencing January 2027. All stages are included.

24 MONTH PAYMENT PLAN

Pay the $165 admin fee plus a non-refundable $1,500 deposit on enrolment to secure your place, then pay **24 x monthly instalments of $644.17 AUD** commencing January 2027. All stages are included.

COMMON QUESTIONS

Common questions

Is it fully online?

Yes — the Online-Only Pathway has no residential retreat. Every session is live online.

What if I want to attend a retreat?

If you'd like a retreat as part of your training, we recommend one of our Integrated Pathways in the US or Europe, or our In-Person Pathway in Australia.

When does it begin, and how do I secure a place?

Orientation is late January 2027. Complete the enrolment form (included with this pack) and your place is secured once your deposit is received.

Are payment plans available?

Yes — all stages are included in the payment plan. Choose 12, 18 or 24 monthly instalments covering Stages 1, 2 and 3 in full, commencing January 2027.

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 in January?

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

READY TO JOIN US

Ready to join us?

A $1,500 deposit + $165 admin 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

Click here to open the Enrolment Form →

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