



PNEUMANITY™

BREATHWORK FOUNDATION COURSE

Haarlem, Netherlands | 5 – 7 September 2025

ABOUT THE COURSE

This thoughtfully curated 3-day in-person course is a fascinating exploration of the art and science of breathwork. It grounds the mystery, shines light on the medicine, and connects the threads between science, spirituality, psychology, and health. It is information rich and inspiring distilling the latest advances in the rapidly evolving field of breathwork, making it accessible to anyone, practical and simple to apply. It is based on the Pneumunity philosophy – a full spectrum approach to conscious breathing inspired by African Indigenous Wisdom and universal principles. By its very nature, the course offers the opportunity for a personally transformative journey and can be a powerful catalyst for change.

15

CPD POINTS

For practitioners registered
with HPCSA



WHY THIS COURSE IS LIKE NO OTHER

- A course crafted and refined by a medical doctor.
- A merging of indigenous knowledge with cutting edge neuroscience.
- Practical tools for daily life ready to use immediately.
- Reignites wonder for the intricacies of the human form.
- A tool for personal transformation and collective change.
- Experience the full spectrum of breathwork practices that support Breath Intelligence
- Craft a personal practice and share with family, friends, and colleagues.
- As the first step of making breathwork a fulfilling and deeply rewarding career as a professional breathwork practitioner.



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Breathwork
Africa

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WHO WOULD FIND THIS COURSE FASCINATING?

- Anyone who would like to add breathwork to their current skillset.
- As the first step to pursuing a career in breathwork.
- Anyone who is seeking the tools for personal growth and change.
- Those who want a solid scientific grounding and deepening of their current practice.
- Those who would like to share breathwork with family, clients, and colleagues.
- Those seeking to connect with a global like-minded community.
- Anyone who is curious.



The course is particularly useful for healthcare practitioners, life coaches, teachers, entrepreneurs, performance artists, parents, athletes, artists, those experiencing a life change or anyone wanting to live with more courage, creativity, and authenticity. No previous experience required, and it is open to anyone around the globe.

Friday to Sunday

5–7 September 2025, 12pm to 6pm daily

Venue: The Human Fabrique Yoga Studio, Haarlem Netherlands

Cost per person

€500 (Dinners included, accommodation and travel excluded.)

Bookings: simon@breathworkafrica.co.za



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DAILY COURSE SCHEDULE

Friday, 5 September 2025

12:00pm Welcome & Introductions
1:00pm History of Breathwork
2:00pm Web of Breath
2:30pm ART of Breathwork
3:00pm Tea Break
3:30pm Breathwork Session
5:00pm Q&A and Wrap-up
5:30pm Dinner

"Thank you so much for the course this weekend. It was so much more on so many different levels than I ever could have hoped for. The teachers created such a beautiful space."

New York Course – August 2023

Saturday, 6 September 2025

12:00pm Check-in practice
12:30pm Path of Breath
2:00pm Biochemical Alchemy
3:00pm Tea Break
3:30pm Neurobiology of Breath
5:00pm Q&A and Wrap-up
5:30pm Dinner



Sunday, 7 September 2025

12:00pm Check-in practice
12:30pm The Onion & Lotus
1:30pm Breathwork Session
3:00pm Tea Break
3:30pm Breath Intelligence
4:00pm Breathwork in everyday life
5:00pm Q&A and Wrap-up
5:30pm Dinner

"This weekend has been deeply healing and enlightening. I've been able to connect so many pieces within the holistic essence of my being. I feel empowered. I feel more whole."

Johannesburg Course – September 2023

Bookings: simon@breathworkafrica.co.za



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YOUR COURSE FACILITATOR

Dr. Ela Manga

Medical Doctor & Founder of
Breathwork Africa

Ela is committed to sharing breathwork on the African continent and further afield. Her integrated and conscious approach to wellness, alongside her unique focus on breathwork has been a catalyst for healing and change across many communities and sectors from business to education.

Ela is an integrated medical doctor committed to bringing heart back into the art of medicine. Her background in western medicine, study of wisdom traditions and deep curiosity has informed her unique approach to health and wellbeing.

Ela's second book, *Umoya – The Science and Wonder of Conscious Breathing* explores how to reclaim our right to breathe within the complexities of our current times. In her first book, *BREATHE: Strategising Energy in the Age of Burnout*, Ela discusses her approach to mental, physical, and emotional health through real-life case studies. Ancient wisdom and continuous research support her healing philosophy which is accessible and relevant to all.



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ABOUT HAARLEM, NETHERLANDS

Tucked away in the leafy eastern edge of Haarlem, The Human Fabrique Yoga Studio is located in a peaceful, green area known for its natural beauty and slower pace. Just a short bike ride or walk from the lively city centre, this part of Haarlem offers the best of both worlds—convenience and calm. With nearby parks, tree-lined paths, and quiet canals, it's an ideal setting for stepping away from the noise and reconnecting with yourself.

Whether you're arriving early to enjoy a mindful stroll through the surrounding greenery or staying after a session to journal in nature, the atmosphere around the studio supports deep rest and reflection.



The studio's calming interior and thoughtful design create a safe and grounded environment—perfect for breathwork, self-discovery, and healing. Whether you're new to this kind of work or deepening an existing practice, The Human Fabrique provides the space and support to do it with intention.



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TOP SITES TO VISIT WHILE IN HAARLEM

Haarlemmerhout Park

Known as the oldest public park in the Netherlands, Haarlemmerhout is a lush, green escape just outside the city centre. Ideal for a gentle walk or outdoor meditation, the park is a haven of calm with meandering paths, ponds, and open lawns. It's the perfect spot to reconnect with nature in between breathwork sessions.



Grote Markt – The Heart of Haarlem

At the centre of Haarlem's historic old town lies the Grote Markt, a vibrant and picturesque square surrounded by centuries-old architecture, inviting cafés, and charming boutiques. It's the perfect place to enjoy a coffee after a breathwork session, soak in the atmosphere, and witness daily life in this beautiful Dutch city. On Saturdays, the square comes alive with a lively market offering fresh produce, flowers, and local delicacies.



Canal Cruises in Haarlem

See the city from a different perspective with a serene canal cruise. Haarlem's waterways wind gracefully past historic homes, quaint bridges, and leafy banks. A boat tour offers a peaceful, reflective way to take in the city's charm and unwind after a day of inner work and healing.

