



Pneumanity™ Breathwork Foundation Course

This thoughtfully curated 3-day online 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. By its very nature, the course offers the opportunity for a personally transformative journey and can be a powerful catalyst for change.

Who would find this course fascinating?

- Anyone who would like to add breathwork to their current skillset.
- As the first step for those would like to pursue a career in breathwork
- Anyone who is seeking the tools for personal growth and change
- Those who would like 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

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

What you can expect:

- Breathwork through the ages - from ancient art to modern science
- Interplay between biomechanics, biodynamics, and biochemistry of breathing
- The Principles of Breath Intelligence (BQ)



- The ART Framework (Breathing for Awareness, Regulation and Transformation)
- Deep dive breathwork sessions
- The Onion and the Lotus - a Story of Transformation
- How to craft a personal practice and share with family, friends, and colleagues

Dates: Friday, 12 August to Sunday, 14 August 202.

Venue: Live Zoom Sessions

Times: 10am - 4pm Central Africa Time (GMT+2)

Cost: ZAR 6300 / USD 480

Bookings: info@breathworkafrica.co.za

Facilitators

Marj Murray: Marj is a Director of Breathwork Africa and Certified Pneumanity™ Breathwork Practitioner who has a unique gift of working with children. Her background in communication and psychology, and her own life experience affords her insight into the human condition.

Audrey Redmond: Audrey is a Physiotherapist, Certified Pneumanity™ Breathwork Practitioner and Trainer who uses her background in Physiotherapy, Pilates and Somatics to facilitate re-connection through different breathwork practices. She believes that embodying our breath is the start of our journey to conscious living and utilising life force that offers healing and growth.

The background story

The Pneumanity™ Breathwork Foundation Course was created by Dr Ela Manga as part of her journey from being a medical doctor to a breathwork practitioner. It brings together everything she wished she had learned at medical school and what she believes every human being has a right to know.



The course has its roots in her training with her mentors and teachers Dan Brulé and Linda Heller and has evolved over time through her work with her colleague Marj Murray and an amazing community of skilled practitioners as well as her patients. The course has its own unique African flavour and gets more refined as new research and inspiration comes to light.

Breathwork Africa's first foundation course was run in 2015 and to date over 200 people have gone through the course. As a response to the need and the restrictions because of the pandemic, the course went online in June 2020 which opened it to a global audience. The feedback has been overwhelming, and our community now embraces amazing people across the globe from the Czech Republic to Norway, UK, USA, Canada, Germany, Portugal, Egypt and Singapore.

What others are saying:

*Thank you for the incredible opportunity to be part of the Breathwork Foundation Course journey this past weekend, words cannot express the honour and gratitude I feel. The only way I know is to share the power of breath and Breathwork Africa with as many people as possible and I know that the path will unfold as it should. Thank you for pouring your hearts and soul to the work that you do and holding space for us on this journey it is seen, felt, and greatly appreciated. **Ncamie, Healer.***

*For the entire weekend I was riveted, my senses were so alive. I felt like finally I had come home to something that spoke to my soul. The Foundation course was the clincher for me, explained in a medical scientific manner, yet the profound magic and mystical nature of breath was ever present throughout very discussion. The discussions around the miraculous functioning of the human bodies were fascinating. **Carol Lee, Deputy Principal.***