



PNEUMANITY™

# BREATHWORK FOUNDATION COURSE

A Destination Course on the picturesque Island of Phuket, Thailand

PHUKET – THAILAND | 7 – 9 JUNE 2024



## 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 profession breathwork practitioner.

## 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 [Pneumanity](#) 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.



## 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 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.



**Check-in between 2pm and 6pm on Thursday, 6 June  
Friday to Sunday, 7-9 June, 9am to 4pm**

**Venue: 99/4 Moo 7, T. Rawai, Soi Mangosteen, Phuket**

**Deluxe Jacuzzi Villas - Sharing pp USD 890**

**Superior Jacuzzi Villa - Single pp USD 950**

**Package includes accommodation, meals and course**

**Excludes travel and flights.**

**Bookings and enquiries: [marj@breathworkafrica.co.za](mailto:marj@breathworkafrica.co.za)**





## DAILY SCHEDULE

### Friday, 7 June 2024

- 9:00am Welcome & Introductions
- 10:00am History of Breathwork
- 11:00am Interconnected Breath
- 11:30am Breathwork Spectrum
- 1:00pm Nourishment Break
- 2:00pm Breathwork Session
- 3:30pm Q&A and Wrap-up
- 4:00pm End of Day 1

*"I am still in awe after our training. It has been truly powerful, and I am a breathwork addicted. Thank you to the compassionate facilitators for their guidance."*

Egypt Course – March 2022

### Saturday, 8 June 2024

- 9:00am Check-in practice
- 9:30am The Physiology of Breath
- 12:00pm Biochemical Alchemy
- 1:00pm Nourishment Break
- 2:00pm Neurobiology of breath
- 3:30pm Q&A and Wrap-up
- 4:00pm End of Day 2

*"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

### Sunday, 9 June 2024

- 9:00am Check-in practice
- 9:30am The Onion and Lotus story
- 11:00am Breathwork session
- 1:00pm Nourishment Break
- 2:00pm Breath Intelligence
- 2:30pm Breathwork in everyday life
- 3:00pm Integration and wrap-up
- 4:00pm End of Day 3

*"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



## YOUR COURSE FACILITATORS

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### **Simon Kehagias, Facilitator**

In 2017, Simon experienced his first conscious breathing session. This profound experience ignited a passion for breathwork that led him to become a certified Breathwork Practitioner and partner at Breathwork Africa.

Simon's deep understanding of the science behind breathwork enables him to take a practical and grounded approach to facilitating breathwork sessions, with a focus on improving physical performance and guiding individuals through challenging and stressful moments in their lives.



### **Celine Fontaine, Co-Facilitator**

Through her own experience, Celine has seen how breathwork can help heal the fractures that disconnect us from ourselves, others, and the world around us. Her mission is to help clients reconnect with their true selves, discover their purpose, improve their well-being and experience a sense of true belonging through breathwork.

Grounded in her experience and expertise in personal development, Celine brings together the wisdom of the East and the science of the West in her approach to breathwork.



For more info and Bookings:

[marj@breathworkafrica.co.za](mailto:marj@breathworkafrica.co.za)





## ABOUT MANGOSTEEN WELLNESS RETREAT

### A TRANQUIL RETREAT ON THE BEACH

At Mangosteen Retreat, we believe in the transformative power of relaxation and self-care. Whether you seek a weekend escape or a longer wellness retreat, join us on this voyage towards balance and renewal. Experience the embrace of Mangosteen Retreat, where each moment is an opportunity for self-discovery and personal growth.



Welcome to Mangosteen Retreat, where tranquility meets transformation!

Nestled in the heart of nature's embrace, our retreat is a haven for those seeking a rejuvenating escape from the hustle and bustle of everyday life.

Mangosteen Retreat invites you to embark on a journey of self-discovery and well-being, offering a harmonious blend of serene surroundings, holistic practices, and luxurious accommodations.

Immerse yourself in the lush landscapes that surround our retreat, as you unwind and recharge in a peaceful oasis designed to nurture your mind, body, and spirit.

Our carefully curated programs, led by experienced wellness practitioners, encompass a range of healing modalities, mindfulness practices, and rejuvenating activities, tailored to cater to your individual needs.



## PHUKET - A PARADISE OF CULTURE AND NATURE

Phuket is Thailand's largest island and a popular tourist destination with stunning beaches, lively nightlife, and rich culture. The island has a diverse history, influenced by Chinese, Malay, Indian, and European traders, settlers, and invaders over the centuries.

It is home to many attractions, such as the Big Buddha statue, the Wat Chalong temple, the Phuket Old Town, and the Phuket Fantasea show. Phuket also offers a variety of activities, such as snorkeling, diving, kayaking, golfing, hiking, and cooking classes.

Phuket is famous for its seafood, especially the Phuket lobster, as well as its spicy and sour dishes, such as tom yum and som tam.



### THINGS TO DO

Phuket is a popular island destination in Thailand, renowned for its stunning beaches, vibrant nightlife, and cultural attractions.



Visit the Elephant Sanctuary in Phuket



Explore coral reefs by snorkeling or scuba



Majestic panoramas and white sandy beaches



Visit the historic old town of Phuket



## SIGHTS AND SOUNDS OF PHUKET

The island boasts over 30 beaches, each with its unique character and charm. Some of the most famous beaches include Patong Beach, Karon Beach, Kata Beach, and Kamala Beach.

These beaches are perfect for swimming, sunbathing, and water sports. The clear, turquoise waters are ideal for snorkeling, scuba diving, and surfing, making Phuket a paradise for water sports enthusiasts.



Phang Nga Bay



Visit the Elephant Sanctuary



The Great Buddha of Phuket



Phuket Night Market

Phuket is famous for its delicious Thai cuisine, which is known for its mix of sweet, sour, salty, and spicy flavours.

Visitors can try traditional street food dishes, and fresh local seafood, or dine at high-end restaurants that serve traditional Thai dishes. You can also find several night markets across the island where street food is served as the norm.