

PNEUMANITY™

BREATHWORK FOUNDATION COURSE

A DESTINATION RETREAT IN THE SCENIC ALGARVE OF PORTUGAL

LOULÉ – SOUTHERN PORTUGAL | 10 – 12 MAY 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.



**Friday to Sunday
10 - 12 May 2024, 9am to 4pm**

Venue: Taming the Walrus Yoga, Amendoeira, Querença

Course Cost: EUR 470 per person

(Cost excludes accommodation, flights, and transport)

Bookings: marj@breathworkafrica.co.za



DAILY COURSE SCHEDULE

Friday, 10 May 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, 11 May 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, 12 May 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 FACILITATOR

Dr Ela Manga, Founder of Breathwork Africa and Main Facilitator

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.

She 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.



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.

Ela is the Founder of Breathwork Africa, an organisation which advocates the use of breathwork for transformation on all levels and in all communities.



Beach path near Loulé

ABOUT THE TOWN OF LOULÉ

A TRANQUIL FARMSTYLE SPACE

The course venue is located 8km from Loulé town centre on a quaint farm-styled space in Amendoeira.

Only 25km from Faro International Airport and 17km from Loulé train station with lots of accommodation options available through [Bookings.com](https://www.bookings.com) and [Airbnb](https://www.airbnb.com).



A three-hour train ride from Lisbon, Loulé is a traditional market town located in the picturesque Algarve region of southern Portugal.

It's a small town that even in the summer manages to avoid much of the hustle and bustle of the Algarve. Its traditional fish market and local farmer's market creates a rustic village ambiance and is a highlight for tourists. The rest of the town is small, historical and makes wonderful sight-seeing with almost everything being within easy walking distance.

Castelo de Loulé is Loulé's famous castle. As with most castles in the Algarve, this one dates back over 700 years to the reconquest period. Near it is the medieval old town of cobbled streets and coffee shops.

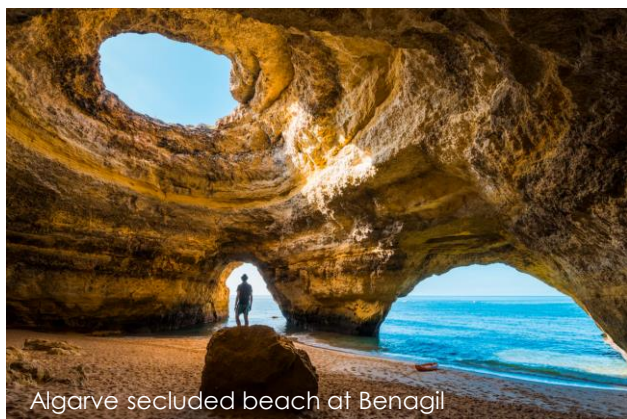
Loulé is a great town to base yourself in to explore the Algarve being only a 15-minute drive away. It has the beaches, but it also has plenty of authentic culture and history to make a memorable stay!



ALGARVE – PORTUGAL'S PICTURESQUE COASTLINE

Anchoring the south of Portugal, the Algarve is famous for its cliff-backed beaches, mouthwatering seafood and picturesque villages. It's also a remarkably easy-going region, with a welcoming vibe for every kind of traveller.

The Algarve's natural beauty, pleasant climate, and diverse attractions make it a popular destination for tourists seeking relaxation, outdoor activities, and cultural experiences. Whether you're interested in lounging on the beach, exploring historical sites, or enjoying the local cuisine, the Algarve offers a little something for everyone.



Algarve secluded beach at Benagil



Faro, Algarve town

THINGS TO DO

The Algarve region boasts some of the best sightseeing and beaches in Southern Portugal. Here are a few things to do while in the Algarve.



Caves and coastline tour



Hiking trails in the Algarve mountains



Dolphin watching sea tour in the Algarve

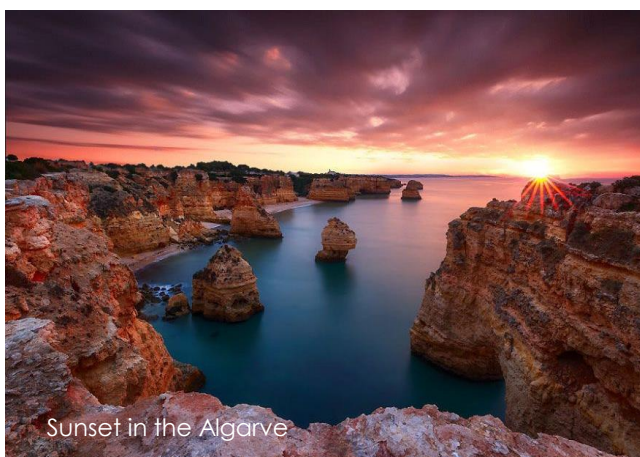


Guided tour of Loulé market and castle

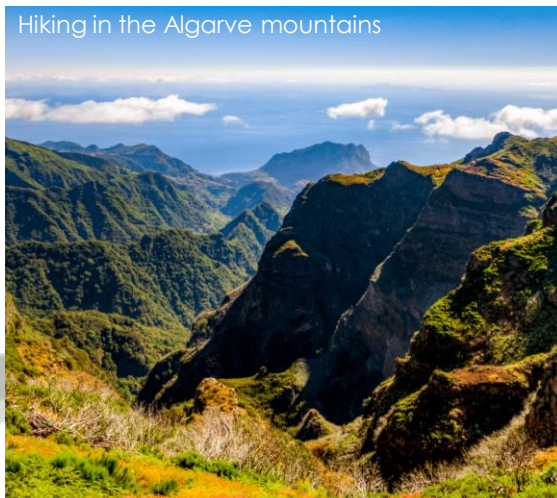
BEAUTIFUL SIGHTS OF THE ALGARVE, PORTUGAL

As with most castles in the Algarve, this one dates back over 700 years to the reconquest period.

The castle was built on the remains of a previous Muslim fortress under the instructions of King Afonso III in 1249. Only three defensive towers and the connecting walls remain but they provide a great focal point.



Hiking in the Algarve mountains



Apart from the beautiful beaches, the Algarve also offers numerous marked trails for hiking and other outdoor activities.

May is undoubtedly one of the best months to enjoy them. The weather is warm and sunny, with temperatures ranging from 16°C to 23°C, and the flora is stunning with a huge variety of wildflowers, aromatic herbs and small shrubby perennials.