

PNEUMANITY™

ADVANCED PRACTITIONER COURSE 2024

COURSE COMPONENTS

- 400-hours training including formal training and fulfilment of course requirements
- Four weekends of online training
- Monthly group Top-Up calls
- Self-study of APC manual and additional content
- Written & Practical assignments
- Required and recommended reading
- Peer support

COURSE ACCREDITATIONS

- International Breathwork Foundation (IBF)
- Global Professional Breathwork Alliance (GPBA)



ABOUT THE COURSE

The Pneumunity™ Advanced Breathwork Practitioner Training and Certification Program (APC) is a science based and heart focused approach to the full spectrum of breathwork practices. It is designed to train the Breathwork Practitioner to meet the needs of our changing world with breathwork as the fundamental aspect of healthcare. It has been designed by a medical doctor who has spent 20 years working with the evolving field of Integrative medicine.

The course is facilitated and held by the [Threads of Pneumunity™](#), Breathwork Africa's philosophy and methodology that is translated practically through theory and practices. Our exploration of breath is both broad and deep, practical, and theoretical, scientific and spiritual.

Breath is studied and explored in relation to interconnected systems of life on a micro to macro level. There is a strong focus on understanding how the human body is designed to facilitate the flow of breath and energy. The art of conscious breathing is illuminated by the study of traditional and indigenous knowledge systems and deepened by cutting-edge research in the field.

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In this course, the full spectrum of breathing practices are taught within the A_R_T of breathing framework, with A representing Awareness, R for Regulation and T for Transformation. The understanding that is offered through this framework means that practitioners can apply the techniques safely in the context of their physiological and energetic effect. Practitioners are taught how to apply the vast range of techniques both technically and intuitively to ultimately serve Breath Intelligence.

There is a strong emphasis on being trauma sensitive and healing-inspired and training is geared towards safety and working with the client's needs.

Practitioners are trained how to work in person and online, with individuals and groups. The training is also geared to adapt the facilitation to meet the needs of specific groups.



THE 7 THREADS OF PNEUMANITY

SANKOFA

Breath is the thread between remembering and imagining.

SAFETY

Through our breath, we experience safety, the environment that supports the natural healing process.

EMBODIMENT

We acknowledge and support the wisdom of the body as an expression of and vehicle for breath.

WHOLENESS

We relate to our healing from our natural state of wholeness versus from a place of lack or pathology.

UBUNTU

This universal truth celebrates the interconnectedness of all of life and the breath as embodied Ubuntu.

CREATIVITY

Conscious breathing transforms an unconscious function into a creative force, supporting our capacity for growth and change.

THE MYSTERY

Breath is the thread between the known and the unknowable.

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As with the breath, we find fluidity in all aspects of life. Trends and information change particularly as research in this area increases. The 2024 Advanced Practitioner Course has been updated and refined to reflect the latest findings and research in this rapidly growing field,

Insights gained and knowledge acquired

- Experience and understand the full spectrum of breathwork practices that support Breath Intelligence
- To skillfully and safely facilitate a Conscious Connected Breathwork session
- Practical tools for building resilience in daily life
- A toolkit for personal transformation and collective change
- Breathwork as a stand-alone business or as a supplemental modality to your existing practice
- Confidently take breathwork into education, health, business, community, sports and more.

Over and above the content-rich course, it provides a space that is held within a strong supportive global and diverse community. Our trainers and facilitators are accessible and work closely with practitioners-in-training during and beyond their formal year of training.



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What course participants are saying

“

Breathwork has been an important self-regulating tool at my disposal for some time and it has helped me cope with the various states of dis-ease in which I found myself daily.

Since the first time I practiced Breathwork, I have used the various breathing techniques to cope with social stresses, post covid symptoms and burnout. The recognition that the power lies within me, sustains me through the deep bouts of anxiety. Teaching people to tap into their own inner resources in order to cope with the pressures of daily life or past traumas is what I believe Breathwork Africa does.

Being empowered to help myself through conscious connected breath has been the greatest gift and knowing that I can in any moment navigate my situation through the use of the various techniques I've learned has been the best thing during moments of overwhelm. It's something I truly believe that everyone should be able to do,

Ntokozo Langa

“

What an incredible year and at the same time it feels like the adventure has just begun.

Thank you for everything you have given me, thank you for being you, thank you, thank you. My love story with the breath is here to stay and I hope that our paths are going to stay connected for a very long time.

Celine Fontaine



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Requirements for certification

The course content is covered over a period of 12 months. However, practical components including case studies and facilitations may be done over a maximum period of 24 months. Certification is only granted when Breathwork Africa is satisfied that you are fully and skilfully equipped to facilitate and share the range of breathwork practices taught.

- Documentation of requirements
- Self-study of material provided
- Meeting with other practitioners outside of formal training
- Attendance of minimum six group sessions/workshops (no less than 2 hours per session)
- Facilitation of minimum six group sessions/workshops
- Five documented case studies (at least 4 sessions per case study)
- Forty consecutive days of self-practice for at least 20 minutes a day with journaling
- Reading of all books on required reading list
- Submission of all assignments
- Attendance of at least two workshop/private sessions with another School of Breathwork
- Attendance of monthly Masterclasses
- Ten sessions of being breathed of which at least 4 must be Conscious Connected Breathing sessions
- Community outreach is encouraged



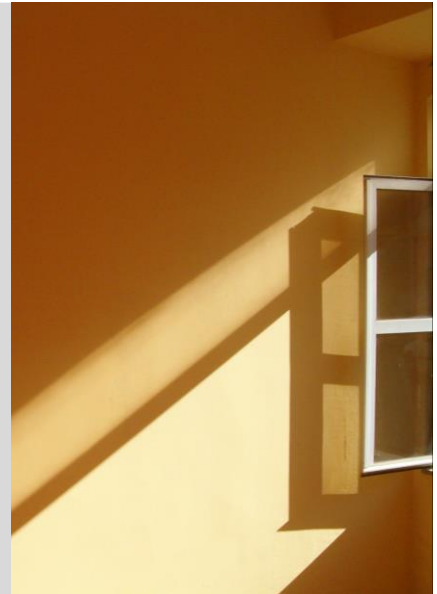
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Application prerequisites

Personal attributes:

- Must be over 25 years old.
- An open mind, curiosity, willingness to learn, grow and be challenged.
- An open-hearted vulnerability to show up for yourself and the group in an authentic way.
- A deep commitment to the path of breath and openness to where that takes you.
- A willingness to contribute your unique essence, skills, and interests to the collective whole.
- Engage with peers and trainers in a respectful and trusting manner.



Pre-course requirements:

- Attendance of the 3-day Breathwork Foundation Course
- A Code of Ethics to be signed.
- Submission of an essay (3-5 pages) covering the following:
 - Why Breathwork?
 - How has the breath changed your life?
 - Why do you want to do the Advanced Course?
 - What do you plan to do with what you have learnt?
 - What has your personal journey entailed?



COURSE COSTS FOR 2024

- R 51,750 incl. VAT / USD 2,900
- A non-refundable deposit of R 7,760 incl. VAT / USD 450 upon acceptance.

Payment plans are available upon request.

Includes:

- All course content
- All online training
- Facilitator support
- Online Masterclass sessions
- Access to a global breathing community.

Excludes:

- Cost of required books.
- Sessions with certified facilitators.

Please feel free to contact:

Dr Ela Manga at ela@drelamanga.com or
Marj Murray at marj@breathworkafrica.co.za

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Course Facilitators

Dr Ela Manga, Founder 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. Ela is an integrative medical doctor and author of *Breathe: Strategising Energy in the Age of Burnout*.



Marj Murray, Co-Facilitator

Marj is the Managing Director at Breathwork Africa and qualified Breathwork Practitioner. She has a unique gift of working with young people. Her background in communication and coaching, as well as her own life experience has afforded her deep insight in the human condition. Marj's passion is to equip young people with the ability to experience life fully.



Audrey Redmond, Co-Facilitator

Audrey is a Certified 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.



Simon Kehagias, Co-Facilitator

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.

