



Pneumanity™ Breathwork Foundation Course

This thoughtfully curated 3-day live 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: Thursday, 9 June to Sunday, 12 June 2022.

Venue: Ardi Holistic Wellness Center, Dahshur, Cairo, Egypt

Bookings: natalie@breathworkafrica.co.za

Rates per person sharing:

Single room	-	\$ 760.00
Double/Twin room	-	\$ 625.00
Triple room	-	\$ 590.00

Early bird discount:

10% off above rate is booked and paid in full on or before 10th May.

Rate includes:

- 3 nights full-board accommodation with three vegetarian meals as well as fruits, water, tea & coffee.
- Breathwork foundation course, manual and certificate
- Yoga & Meditation

Facilitators:

Dr Ela Manga

Dr Ela Manga 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.

Natalie Zeid

Natalie is a member of the Breathwork Africa team, heading up the Breathwork Africa Egypt branch. Natalie is a certified Pneumanity™ Breathwork Practitioner who has a passion for inspiring healing of self by incorporating conscious breathing, movement, meditation, and inspirational poetry into her sessions. Her mission is to shine a light on the importance of and possibility of liberation when becoming aware of the breath and consciously breathing. Natalie is also a yoga therapist and energy healer.

Marcus Blacker:

Marcus is an integrative coach and breathwork therapist with a passion for supporting clients in letting go of the layers of restriction and resistance that bind their breath and freedom of being. His embodied practice and presence combine the art and science of breathwork, coaching and therapy to create a powerful pathway to integration, with the breath acting as a bridge between the body, mind, emotions, relationships, and spirit. Marcus has more than 15 years of breathwork experience and has spent time at the Esalen Institute and attended the IBF's Global Inspiration Conference in California, learning and sharing best practices and cutting-edge techniques with some of the leading breathwork practitioners around the world.

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.***

Thank you for all your knowledge and wisdom you've shared with us – not only the why, the what, the where, when and how to do it – but the real deep mechanics behind the



breath ... body, brain, and mind – for the first time I really get it ... and I can do it!!!

Audrey, Attorney.