

OPTIMUM LIFE BREATHOLOGY (OLB) COURSE

2019-2020 2 Day, 16 Hour TRAINING COURSE OUTLINE (subject to change):

ARRIVE FIRST DAY 8:00 a.m: Check-in; Get Comfortable- Housekeeping duties

8:30 - 9 a.m. Libations/Prayer; Receive hand-outs; Review of the Course;

9:00 – 10:00: Participant Introductions; Ayo’s Story, Part 1; Breath Stress Busters

10:00 :-10:30: Definition & Benefits of Breathology; Breathwork compared; Breathology; History of Breath Awareness

10:30– 12:00: Relearn How to Breathe™, The foundational Breath technique in OLB Belly, aka Diaphragm Breath-Self-analysis, Breath Adjustment Technique/ Practice;

12 noon –12:30: Light Lunch prepared by participants. Please eat in silence

12:30 - 1:00: Outdoor or Indoor Movement Exercise to Experience “Chi”
Cleansing Auric Fields & Environment with Breath

1:00 – 2 p.m: Breath Mechanics – How Breathing Works, Video, Q & A

2:00 - 2:30 p.m: Stress Definition; De-stress Breath aka Intervention Breath for stress management/addictions/ behavior;

Alternate Nostril Breathing–balance right/ left brain;

2:30-3:00 p.m : Breathwork techniques in Non-Ordinary States of Consciousness,Impact on Subconscious Mind; Conscious- connected Breath for stimulation, transformation,

3:00 – 5:00: Ayo’s Story, Part 2; Transcendence Breathwork™- Facilitated Session Talk-back;

5:00- 6:00: Q & A . Product Purchases; First Day Closing Circle

SECOND DAY of OPTIMUM LIFE BREATHOLOGY TRAINING

Arrive 8:00 - 8:30 a.m: Check-in; Get Comfortable- Housekeeping duties.

8:30: – 9:30: Prayer; Review of First Day, Participant Observations

9:30- 10 :30: Meditation /Mindfulness Defined; Breath Meditation Technique/Practice;
Walking Meditation Practice to stay in the now presence;
Rolling Breath Technique/Practice to bust Insomnia;

10:30 – 11:30: Stimulating Breathology Techniques/Practice 4-Part Kria; Fire-Breath; Joy
Breath;

11:30 – 12:00: Breathology Standards; Starting a O.L.B practice; scope of work; market
outlook;

12:00 – 12:30: Light Lunch, provided by participants

12:30 - 1:00 p.m: Outdoor or Indoor Exercise: Laughter Yoga Technique/ Practice;

1: 00 – 2:00 p.m: Relearn How to Breathe Revisited - with Laying down Technique Practice;
Applied Breathology Video, Q & A

2:00 – 2:30: Cleansing Detox Breath Technique/Practice; Tantric Breath Technique/Practice
for Sacred Sex;

2:30-3:00 Applied Breathology Techniques/Practices to Optimize Daily Living.
Breathology tools and Oxygen products;

3:00 –4:00: Many ways Hydro-therapy; Water Drinking; Alkaline Food; Oxygen Products;
Air Quality and Purification;

Audible Breath, Sound and Movement Practices for Vibrational Energy Balancing & Oxygen
Uptake: Singing, Screaming, Humming, Drumming, Shaking, Toning, Chanting

4:00 – 5:00 Winter solstice Breath visualization to Plant the Seeds of Your Up-coming Year.
Ritual of Reconciliation

5:00- 6:00 p.m. Q & A Summary Certification Rites of Passage Ceremony; Group Picture
taking; Sales of Products;

Revised: 12/16/ 2019 by Sekou Ayo Handy-Kendi © 2019, All right; reserved.