

# OPTIMUM LIFE BREATHOLOGY (OLB)

## 2 Day TRAINING COURSE OUTLINE (Course subject to change. Further, allow an additional hour for trainee processing of techniques):

ARRIVE FIRST DAY: 8:30 a.m. Check-in; Get Comfortable- Housekeeping duties. Receive workbook and other hand-outs;

9:00 – 9:30: Participant Introductions; Ayo's Story;

9:30 -10:00 : OLB. Definition; Benefits of Breathology; Breathwork compared; Breathology History

10:00– 11:00: Relearn How to Breathe™, The foundational Breath technique in OLB  
Belly, aka Diaphragm Breathing-Self-analysis, Breath Adjustment Observing Practice;

11:00 – 12 noon: Breath Mechanics – How Breathing Works, Video, Q & A

12 noon – 12:30: Light Lunch, provided by participants (Please eat in THE SILENCE)

12:30 - 1:00: Outdoor Movement Exercise to Experience "Chi"

1 – 1:30: Applied Breathology to Compliment Spirit, Mind & Body Modalities/ Practical applications for Life style/Wellness

1:30-2:30: Breathology Technique Practice, Definition of Stress and Breathing;

De-stress Breath aka Intervention Breath for stress management/addictions and behavior;

Alternate Nostril Breathing to balance the right and left brain;

Rolling Breath to support sleep and break insomnia;

2:30-3:30 p.m. : Breathwork: Breath techniques in Non-Ordinary States of Consciousness & Impact on Subconscious Mind;

Conscious- connected Breath Self-Practice Technique and Breathing Others

3:30 – 4:30 Transcendence Breathwork™- Facilitated Session by Ayo Handy-Kendi

4:30- 5:00 Q & A . First Day Closing Circle

## **SECOND DAY of OPTIMUM LIFE BREATHOLOGY TRAINING**

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

9:00 – 9:30: Review of First Day, Participant Observations

9:30- 10 :00: Breath Meditation Practice; Meditation Defined;

10:00 – 11:00: Stimulating Breathology Techniques Practice;

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Kria; Fire-Breath;

Joy Breath;

Laughter Yoga;

11:00 – 12:00: Relearn How to Breathe Revisited. Sharing practice with others; Q & A

12:00 – 12:30: Light Lunch provided by participants (Please eat in THE SILENCE)

12:30 - 1:00 p.m.: Outdoor Movement Exercise: Walking Meditation to stay in the now presence

1: 00 – 1:30 p.m: Breathology Standards; Starting a O.L.B practice; scope of work; definition of market; skills needed

1:30 – 2:30: : Breathology Technique Practice to Optimize Living

Ayo's Cleansing Detox Breath;

Tantric Breath Movement for Sacred Sex;

2:30 – 3:30: Oxygen Benefits from Breath;. Breathology tools and Oxygen products; Hydro-therapy; Water Drinking; Alkaline Food; Oxygen Products; Air Quality and Purification;

3:30 – 4:30: Breath and Sound Concepts:

Toning, Chanting, Singing, Screaming, Humming, Drumming, Laughter; Cleansing Auric Fields, Chakra and Energy Balancing with Breath and Sound;

4:30- 5:00 Certification Rites of Passage Ceremony; Sales of Products

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