

RELEARN HOW TO BREATHE PRACTITIONERS™, TRAINING, LEVEL 1 COURSE OUTLINE (subject to change):

Arrive: 8 – 8:25 a.m. Check-in; Get Comfortable- Housekeeping duties. Receive hand-outs;

8:30 a.m. – 9:00: Prayer -Libations; Participant Introductions; Ayo's Story;

9:00 – 9:30: O.L.B. Description; Benefits of Breathology; Breathwork compared;

9:30– 12:00: Breath Awareness- the Importance of a deep breath: -Self-analysis of Diaphragm Breathing, O.L. B. Breath Checking and Breath Adjustments; Observation of the Practice;

12 noon- 12:30: Light Lunch Break –

12: 30 – 1 p.m. Transcendence Breathwork Movement Exercise to Examine "Chi" and practice connection to life-force energy and release

1 – 1:30: Relearn How to Breathe Practitioner as the foundation of O.L.B for Applied Breathology for everyday living.

Compliment to every conscious raising Modality: Spiritual Reconnection/Meditation; Healing Physical or Mental Body; Sound; Movement/Exercise; Wholistic or Allopathic Medicine needs; Massage/Bodywork, 60 Stress Related Disorders; Longevity; Productivity; etc.

1:30-3:00: Relearn How to Breathe Revisited - with O.L.B. Laying down Technique and Practice; Applied Breathology Video, Q & A

3:00-4:00 : Laughter Yoga with Breath Meditation & Mindfulness practice;

4 – 4:30 : Celebration Breath Circle Close : Video closes

Networking / just breathe / Sales of Products/ Announcements/

Revised: 5/22/ 2020