

ON-LINE OPTIMUM LIFE BREATHOLOGY (OLB)

COURSE 3 Days, 5 Hours daily; TRAINING COURSE OUTLINE (subject to change):

- 10:00 – 10:30 **ARRIVE FIRST DAY ON-LINE** Check-in; Get Comfortable- Housekeeping
- 10:30 a.m. –11 Libations/Prayer; Review of the Course;
- 11:00 – 11:30 Participant Introductions; Ayo’s Story, Part 1;
- 11:30 – 12:00 Breath Stress Busters; Definition & Benefits of Breathology; Breathwork compared; Breathology; History of Breath Awareness, Spirituality and Breathing
- 12:00 – 1:00 p.m Relearn How to Breathe™, The foundational Breath technique in OLB Belly, aka Diaphragm Breath-Self-analysis, Breath Adjustment Technique/ Practice;
- 1:00 – 1:30 Experience “Chi” Cleansing Auric Fields & Environment with Breath
- 1:30 – 2:30 Breath Mechanics – How Breathing Works, Video, Q & A
- 2:30 –3 p.m. Many ways to Breathe: Audible Breath, Sound and Movement Practices for Vibrational Energy Balancing & Oxygen Uptake : Singing, Screaming, Humming, Drumming, Shaking; Toning, Chanting. **CLOSE**

Day 2 Course Outline

- 10:00- 10:30 a.m Q & A; Prayer; Review of 1st day Training
- 10:30 – 11:00 Definition of Stress: De-stress Breath aka Intervention Breath for stress & behavior management/addictions
- 11:00 – 12:00 Alternate Nostril Breathing to balance the right and left brain; Cleansing Breath; Box Breath;
- 12:00 – 1:00 p.m Breathwork techniques in Non-Ordinary States of Consciousness & Impact on Subconscious Mind; Ayo's Story, Part 2: Conscious- connected Breathwork and Transcendence Breathwork™- Facilitated Session by Ayo Handy-Kendi
- 1:00 – 2:00 p.m. Talk-back; Grounding exercise: Tantric Breath Technique/Practice for Sacred Sex & Grounding;
- 2:00- 3:00 p.m. Applied Breathology Techniques/Practices to Optimize Daily Living **CLOSE**

Day 3 Course Outline

10:00 – 10:30a.: Q & A; Prayer; Review of 2nd day Training.

10:30 – 11:00 a.m. Meditation /Mindfulness Defined; Breath Meditation Technique/Practice; Intro to Walking Meditation Practice to stay in the now presence;

11:00 – 12 a.m. Relearn How to Breathe Revisited - with Laying down Technique Practice; Applied Breathology Video, Q & A

12 – 1:00 p.m Stimulating Breathology Techniques/Practice
4-Part Kria; Fire-Breath; Joy Breath; “Ha” Breath; Laughter Yoga Technique/ Practice;

1:00-2:00 p.m: Rolling Breath Technique/Practice to bust Insomnia; Breathology tools and Oxygen products; Hydro-therapy; Water Drinking; Alkaline Food; Air Quality and Purification;

2 p.m.- 2:30 p.m. IBTA Breathwork Standards; Starting a O.L.B practice; scope of work; definition of market; Q & A Summary;

2:30 - 3 p.m. Certification Rites of Passage Ceremony; Picture taking; CLOSE

Revised: 4/25/2020 by Sekou Ayo Handy-Kendi © 2020, All rights reserved.