

## **TRANSFORMATIONAL BREATH® FOUNDATION FACILITATOR CERTIFICATION REQUIREMENTS**

1. Completion of Levels I, II, III or the Seminar Week of the Personal Training Program.
2. Forty (40) documented facilitation sessions with others within one year of completion of the Level IV Professional Training Program (Up to ½ can be in workshop setting; at least ½ need to be individual sessions).
3. Completion of required reading material within one year of completion of Professional Training Program.
4. Basic understanding of the Transformational Breath process demonstrated by (a) Written exam, (b) Observed facilitated sessions and (c) Demonstrating a relatively full, open breath in your own breathing process.
5. Completed a Vision statement. (Part IV).
6. Completed a Questionnaire of feedback from Breathwork Sessions (Parts I & III).
7. Full Self-breathe sessions once a week for eight consecutive weeks during or within one year of completion of the Training Program.
8. Journal of Breathing Sessions. Please note any shifts or changes you observe in (a) Self-Breathing Sessions and (b) Sessions with others.
9. Completion of the 40 Day Prosperity Program (begins Part II).
10. Completion of the 40 Day Miracles Program (begins Level IV-A).
11. Completion of financial requirement.
12. Facilitate at two each of Parts I, II and III Personal Training sessions or at two week long TBF Seminars.
13. Demonstrate understanding and alignment with the roles, responsibilities, and ethical guidelines of a Transformational Breath Facilitator as defined by the Transformational Breath Foundation.
14. A facilitator choosing to practice and share Transformational Breath will do so exclusively. They will not offer or advertise any other breathing techniques.

**To Maintain Certification, attend a TBF recertification event or TBF Training Program once per year.**