

# TBF Training Path



**A** → Intro / Specialty Trainings

Reclaim Your Breath (RYB)  
Reclaim Your Superpowers (RYS)  
Inspiring Your Destiny (IYD)  
Enlightened Relationships (ER)



**B** → Personal Level Trainings

Seminar  
-or-  
Level I, II & III



Professional Level Trainings  
(Facilitator)

Level IV  
Part A and B  
-or-  
Part 1, 2 and 3



Professional Level Trainings  
(Trainer)

Level V

**PATH "A"** offers a more gradual introductory experience with any of the programs to the left.  
Duration: generally 1 weekend.

**PATH "B"** can offer a Fast-Track for a more intensive and broad training experience. Required to move into the Professional Levels.  
Duration: total 1 week.

Personal Level is a pre-requisite to take Level IV. This level is a first step in becoming a Certified Facilitator.  
Duration: total of 2 weeks.

Level IV is a pre-requisite to move to Level V. This level is a first step in becoming a Certified Trainer.  
Duration: 1 week.