

TBF Training Path



A → Intro / Specialty Trainings

Reclaim Your Breath (RYB)
Reclaim Your Superpowers (RYS)
Presence of Breath (POB)
And more ...

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

B → Personal Level Trainings

Seminar
-or-
Level I, II & III

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.

Professional Level Trainings
(Facilitator)

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

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.

Professional Level Trainings
(Trainer)

Level V

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.