



BREATHWORK FACILITATOR

TRAINING PROGRAM



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GIO'S BREATHWORK STORY

My breathwork story begins with meeting Wim Hof. Initially I was drawn to him for his superhuman abilities and being very intrigued that he said anyone could climb up a frozen mountain in their shorts. I wanted to try, so I reached out to him and asked for an interview for a new podcast I had just launched. We instantly clicked and he invited me to be one of the first certified Wim Hof instructors. I figured why not, I really wanted to say I climbed a mountain in my shorts; both my ego and were quite excited.

When I got there, I was surprised to see such a diverse group of people with many different backgrounds. As the week went on everyone got to share their story of how they stumbled upon the method and all the amazing benefits they had experienced, overcoming addiction, depression, inflammation, chronic disease, you name it. Here I was wanting to climb a mountain, for an Instagram photo op, but suddenly after witnessing how powerful this modality of breathwork is and the effect it was having on people, I started to realize maybe I was there for more than just a picture.



During the week training, Wim shared an extended breathing technique (he called it DMT breathing at the time) where we breathed at increasing speeds with a few breath holds for an extended period of time. At one point I started leaving my body and I broke out into an uncontrollable cry. I didn't know where it was coming from and how it was even possible. All I knew is that but it felt really good. It felt like letting go of something I was holding on to for the longest time. At that moment I was free. I couldn't really put my finger on what was happening but there was something powerful unfolding.

After the certification, that unexpected experience sat with me for a while. I still wasn't sure what to make of it but continually thought of how amazing it felt. So I started exploring, remembering the process and modifying it to make it easy to remember and follow. As I was doing this I began studying other breathing techniques and experiencing other methods and started adding things along the way.

Soon enough I had a refined experience I was ready to share, and I asked some close friends to give it a shot, and what happened next was incredible. People were having experiences that they say shifted them in ways that changed their lives. I was there to witness it and hold space for these experiences, and it felt better than anything I had yet to experience, better than the best business deal or anything else I could think of. I was serving others, while at the same time serving myself. I like to call this selfness, it's not being completely selfless which can be draining, nor is it selfish, it's something all inclusive, and part of the breathwork experience is actually being a part of it. I could feel emotions as we were breathing together in sync.

After having a deep experience many people asked if I could teach them how to facilitate this experience and I wasn't sure if I could. At the same time my ego was asking me if I really wanted to share this



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technique or keep it to myself and be the only one to share it. I meditated on it and the answer was clear. In order to serve as many people as possible I needed to teach them how to facilitate.

Around the same time the Lockdown of 2020 happened, the staff at our studio said what better time than now to learn and I agreed. So we did it. It wasn't pretty, or perfect but it worked and I was teaching them.

What happened next was incredible and unexpected. As they were sharing with their friends and family they were recreating these experiences in their own way through Elemental Rhythm Breathwork. I never could have expected the fulfillment and excitement I felt as they were sharing their experiences with me. From this point on I was sure that we needed to teach people how to facilitate and spread this experience far and wide.

Elemental is a force of nature, simple yet powerful like the breath and Rhythm is the flow of life, being in tune with all the Rhythms of life.

Our intention is to share this amazing experience with as many people as possible and also teach people how to breathe properly on a daily basis. To help people feel alive and live more vibrant lives mentally, emotionally and physically.

This level 1 program consists of the Elemental Rhythm Breakthrough Experience which is a 90-minute experience that brings the participant through movement, breathing, guided meditation, sound, smells and touch; all the senses to take them to places not easily accessible to the average person. The ERB Experience, creates a container conducive to breakthrough type experiences. Through guided facilitation, the participant can release emotions, gain clarity, release stress, get insights and so much more! We will also teach you by the time you are certified a second breathing pattern we call Elemental Flow which is the Yin to the Yang of the breakthrough experience. Similar, yet different and equally as powerful.

The second level of training is the Elemental Rhythm Breathwork Integration Coaching Program. This certification will enable the facilitator to teach clients how to breathe properly and optimize every breath. It is for those who want to dive deeper through breathwork. The coach will gain the tools to guide their client to a deeper self awareness and empower them to make changes in their lives through reprogramming their subconscious mind using the Mindwork Technique.

As of 2022 we now offer Educator training certification! Once you have been a certified Elemental Rhythm Facilitator for a minimum of 1 year and have been actively hosting sessions; you can become a facilitator educator and certify people in your community to become breathwork facilitators. This is where we really see the future of our organization growing and you are an exciting part of it!

I am so thrilled that you have decided to embark on this journey. I hope you experience all of the joys and growth that we have experienced and seen in others along this journey.

Sincerely,
Giovanni Bartolomeo - Founder Elemental Rhythm Breathwork



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INTRODUCTION



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1. Introduction

Purpose & Intention

Elemental Rhythm Intention - Our goal or mission at Elemental Rhythm is to support our clients/students ultimately feel more vibrant and alive in their transformation process through deeper self awareness held in a safe trauma informed container.

The Elemental Rhythm Transformation System can support this through many different outcomes such as emotional release, nervous system reset, mental clarity, deep meditation, mystical experiences, rebirth experiences, trauma release and more. (Both during your classes and them continuing their practice at home in their daily practices and through every conscious breath they take)

Remember you as a facilitator are part of this process, it is more than just breathwork. It is Breathwork + You that creates this space for your participants to evolve.

The process can assist people with a deeper sense of self-awareness into what is actually holding them back (healing past) and how to move forward (future clarity/purpose) and how to live in the present moment. It can open the door for future growth and new possibilities.

Important: You are not responsible for anyone's healing, growth or transformation. The client/student is fully responsible. You are there to hold a safe space for them to evolve and grow at their own pace.

Sample Class Description

In this class we have taken some of the most powerful components of different modalities to create an experience that can: foster a deeper connection with yourself, clear your mind, reduce stress, help to heal inner trauma, release emotions, expand awareness, increase intuition, enhance visualization to create the life of your dreams and leave feeling uplifted and at peace.

We will do this by creating a safe environment that is conducive to having a “breakthrough” experience. The practice combines intention setting, movement, breathwork, guided meditation, visualization, live and recorded music and group connection to create an experience like no other. You have to try it to understand how powerful it really is. No experience required*. Just come with an open mind.

*Participants are advised to review potential health contraindications before attending class. Ask your instructor for details.

See section 11 for contraindication statement and sample liability waiver.

Intention - Our intention as facilitators is to hold a space conducive to transformation that allows clients to feel safe to have these experiences, and as a way to guide to be fully present through the entire process. This is also our intention during this certification program.



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Over the next few weeks, we want you to refine this intention as you are diving deeper into your self-practice and as you have experiences facilitating for others. Think about how you want to show up for yourself and others. Consider how you would like to incorporate this practice into your life and also the impact you will have on others.

What is your *intention* for becoming a Breathwork Facilitator?

A Code to Breath By

Level 1 Facilitators

Standards of Practice

Inclusivity/Non -Judgement - We shall not discriminate against participants in any way shape or form included but not limited to race, ethnicity, gender, religion, sexual orientation, age or appearance.

Safety - As a facilitator/coach you are responsible for creating a safe environment for both yourself and the client. Safety is considered physical (space and prep), mental and emotional.

Consent - We have a few very specific areas of consent within our training in regards to scents, touch, media capture and sharing (photo/video) which must be adhered to at all times. In addition to those listed if anything else ever arises it is imperative that you act on the side of caution and when in doubt always ask the client first if it is ok and they feel comfortable. Individual consent is also important to avoid group pressure to not go against everyone in the group or feel like they stand out.

Advice - All facilitators shall refrain from giving advice as to what someone should or shouldn't do. We can share personal experiences of what has worked for us or we have seen work for other clients. We can make recommendations for clients as to different things they can try but ultimately it should be up to them to decide what path they will take. Each client has the potential within themselves to make their own decisions and decide what is best for them and have their own realizations.



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Humility - As a facilitator and coach it is important to be humble. We are not better than anyone nor are they better than us. Everyone is different. Meet people where they are at and share your gifts with an open heart and clear intention to support and serve people.

Assertiveness - If someone is not a good fit, disruptive or makes you feel uncomfortable in any way, you do not need to take them on as a client, continue working with them or even have them complete a session or class. You need to be able to make the call when someone is imposing on your boundaries.

Respecting boundaries / Expectations - This includes both your own and the clients boundaries. It should be made clear before any session or class what your role is, what you are there to do and how you will do it. It is also important to set boundaries for your client. How will you interact and communicate within a session and outside of your sessions? Make sure you both feel comfortable with all agreements and arrangements that are made.

Confidentiality - Anything anyone shares with you even in public in a sharing circle shall be kept confidential unless you are given permission to share it with others. To use a share or example as a case study, it is imperative to protect the person's identity at all cost and only share the circumstance and outcome of a situation.

Understand your role as a Breathwork Coach / Facilitator.

Each facilitator needs to clearly recognize their level of training and competency. Under no circumstances do you misrepresent yourself as any profession other than this training (unless specifically trained in modality and clearly identifying use of other qualified designation or training). If there is something you don't know, or are unsure of, do not guess or make assumptions or make something up. It's ok not to know and we never want to mislead anyone. Integrity and honesty are key pillars in our code of ethics.

Practitioner Client Relationship

It is imperative for each facilitator to establish and maintain healthy, appropriate and professional boundaries, respecting the rights and dignity of those they serve.

Each Elemental Rhythm Facilitator/Coach shall at all times refrain from using their influence to exploit or inappropriately exercise power over their clients.



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Elemental Rhythm Facilitators will refrain from using this breathwork practice to promote or influence any personal religious or spiritual beliefs.

Elemental Rhythm Facilitators will refrain from all forms of sexual behavior or harassment with clients even when a client initiates or invites such behavior.

Facilitator Community Relationships

All Elemental Rhythm Facilitators will maintain and nurture healthy relationships to all other facilitators. We will support and encourage collaboration over competition and an abundance mindset. We are here to serve and help as many people as possibly without overstepping our personal boundaries.

We will give constructive feedback to other facilitators who we believe have failed to follow one or more of the ethical principles. If this does not sufficiently resolve the issue, we will communicate with the Elemental Rhythm Management team for further action.

We will not publicly or privately criticize or slander our fellow facilitators in any way shape or form.

Resources Beyond Your Scope

Have a full extensive resource list of practitioners/therapists should your client require mediation for health concerns outside of your scope as a Breathwork Coach/Facilitator.

These can include but not limited to:

Therapists, Psychotherapists, Life Coaches, Help Lines (Suicide), Counsellors (sex abuse, drug abuse, any form of addiction)

Requesting assistance from mentors or making referrals when necessary.

Level 2 Coaches/Facilitators (includes all of the above)

Coaches are required to make a clear coaching agreement prior to initial coaching sessions.

Explain to your client the nature of Breathwork Coaching and what they can expect while working with you. We cover this extensively in the level 2 training.



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Encourage clients to take full responsibility for their healing process. Create a plan of action for the program you are working with. Reassess continuously as their needs change through their expansion. Confirm with clients prior to sessions how they wish to proceed and be clear on the plan of action for each session. Placing clients in the seat of empowerment while advocating for self awareness.

Respect confidentiality of clients. Do not share or release any information regarding clients and sessions unless required by law or clients may be in harm of endangering themselves or others.

Always continue to develop your professional skills as a practitioner in realms that compliment your services.

Be clear on your intention with each client confirming you as a practitioner have no agenda that will affect their progress.

Always maintain a clear professional relationship and do not cross any boundary that may be deemed inappropriate in any manner.

Be open and honest about the services being offered without embellishment or making any promises of an outcome that may not be reasonably attained.

As coaches we always listen, summarize and reflect. We do not tell the client what they are thinking or feeling. Allow clients to rephrase as many times as necessary until clarity has been achieved. Giving space for self reflection and opportunity to go deeper to obtain more clarity.

Code of Conduct Agreements

Welcome all that may arise within you and allow what shows up, giving space.

Be mindful and treat all participants with dignity.

Respect all participants as sacred human beings through a non judgemental lens.

Confidentiality: under no circumstance do we discuss, share or attempt to interpret another participant's experience.

By completing this course I agree to uphold all of the above ethics and standards set forth by Elemental Rhythm and acknowledge that my failure to do so may result in loss of certification and breach of any contractual agreements made with Elemental Rhythm at their sole discretion.



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Trauma Informed Breathwork Overview

Most people have experienced trauma to some degree, and to start we wanted to give a little background on what trauma is. Trauma-informed breathwork facilitation means creating a space that prioritizes **safety, choice, and nervous system regulation** at every stage of breathwork.

What is Trauma?

Trauma is not the event itself but the body's protective response when safety or support is missing. It shows up as patterns of survival: **fight, flight, freeze, or fawn**. These are not malfunctions but adaptations that kept the person safe. Breathwork can surface these patterns, and it is the facilitator's role to hold a safe container, not to diagnose or fix.

Completing the Trauma Cycle Through Breathwork

When a traumatic or overwhelming event happens, the body's natural instinct is to respond through a **survival sequence**—fight, flight, or freeze. Ideally, when safety is restored, the nervous system completes this cycle by discharging the excess energy mobilized during the event. This might look like shaking, crying, trembling, or deep sighing. But in modern life, many of these responses are suppressed, intellectualized, or left unfinished. As Peter Levine, founder of *Somatic Experiencing*, explains:

“Trauma is not what happens to us, but what we hold inside in the absence of an empathetic witness.”

When the trauma cycle is left incomplete, that **mobilized survival energy becomes trapped** in the body and nervous system, often showing up later as anxiety, chronic tension, emotional reactivity, or a sense of numbness. Breathwork provides a powerful, accessible way to **reopen this cycle safely**, allowing the body to express what was once held back. Through rhythmic breathing, altered states of consciousness, and gentle titration of the nervous system, practitioners can **access deeper emotional layers** without having to “re-live” the original story cognitively.

Catharsis—the process of emotional release—plays a key role here. Historically, thinkers like Aristotle described catharsis as a **purification of the soul through emotional expression**. Modern somatic and trauma experts echo this: Bessel van der Kolk, author of *The Body Keeps the Score*, notes that “the body remembers what the mind forgets,” and healing often happens **through the body first**. In breathwork, emotional release can happen through tears, shaking, laughter, vocalization, or a sudden wave of peace. When held in a **safe, trauma-informed container**, this process allows the nervous system to **complete unfinished survival responses**, restoring a sense of regulation, wholeness, and vitality.



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Rather than “forcing” emotional breakthroughs, breathwork gives the body **permission and space** to do what it innately knows how to do. When combined with presence, grounding, and skilled facilitation, this natural unwinding becomes one of the most profound pathways to **deep emotional healing and resilience**.

Avoiding Retraumatization

Trauma may surface as tears, shaking, numbness, flashbacks, or a need to stop. These are protective responses, not failures. The role of the facilitator is to **normalize, slow down, and contain**. Healing is not about forcing catharsis; it is about **safe release and integration** within each person’s capacity.

Core Principles

- **Safety:** Create a secure, predictable environment. Clear instructions, no surprises.
- **Choice & Consent:** Always offer options for breath pace, depth, stopping, or opting out. Consent is ongoing throughout the session.
- **Co-Regulation:** The facilitator’s regulated nervous system anchors participants. Your tone, pacing, and grounded body language signal safety.
- **Empowerment:** Reflect participants’ strengths and encourage them to trust their own body’s cues.
- **Cultural Humility:** Acknowledge that trauma is shaped by personal and systemic experiences; avoid assumptions

Trauma Informed Breathwork Course

In our Trauma-informed breathwork course we will dive deeper into thesis topics as you gain real world experience through your training and enhance your understanding and application of the following concepts:

- **Applying the core principles above to your practice**
- **Titration (small steps, pendulation between activation and recovery)**
- **Pendulation**
- **Facilitator regulation and co-regulation**
- **Window of tolerance awareness**
- **Grounding and integration practices**

Through this approach, participants can access deeper states of healing without overwhelm, building resilience and trust in their own body over time.



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CLASS PREPARATION



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2. Class Preparation

Before we get into our intention setting and gratitude in our actual classes, we need to come prepared to class. There are a few things to keep in mind. The two main categories are how to prepare your *space* and how to prepare *yourself*.

Preparing Yourself & Your Space

a. Come Early and Settle In - In these experiences, the energy of the facilitator can easily be transferred to the group. For this reason, it is important to arrive early to class and get settled, do what works for you like some breathwork or a meditation. We also recommend burning some sage or incense or using essential oil sprays that can help to clear the energy.

b. Take Inventory - This should actually be done well before you arrive in the classroom. If it is not your own space, you should confirm in advance if they have everything you need or if you or your students/clients will need to provide it. It's important to know (and great to confirm) who is coming to class. Also do you have everything you need for class?

Here is a short list:

- i. Proper Sound System
- ii. Music playing device for your playlist (phone/computer etc.)
- iii. Any instruments you may use - you are also encouraged to sing if you feel comfortable
- iv. Mats, pillows, blankets, eye masks*
- v. Any scents, incense or essential oils

* Did you prepare your guests - whatever you don't provide for them, it's important to let clients know well in advance what they will need to bring to class.

c. Waivers - We also recommend having waiver forms signed to protect yourself from any liability that may arise from facilitating this course. There is a full waiver you can copy and use at the back of this manual. It is important to know all the contraindications and share them with all attendees prior to them showing up for class.

d. Energy - A gentle reminder to allow ourselves to be a channel, and not take or hold on to energies that may be observed during the breakthrough experiences

e. Online Preparation

- i. Sign in early, do a sound check (make sure music volume doesn't overpower your voice), camera and lighting check.



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- ii. Send email reminders about the class and include all items the participants will need to have for an optimal experience (pillow, blanket, mat, eye mask, setting up their space, turning off distractions, headphones or speaker, camera).

f. Set and Setting

Set - You can think of Set as the participants' internal mindset. The goal is to do your best to support them to feel **internal safety**. This can be influenced by you as a facilitator long before the students come to class. This depends on your marketing, how you describe the class and any communication you send out prior to class.

Attendees should take the class seriously if they want to get the most out of it. You can also influence their “Set” when they arrive at the space by welcoming them, asking them to quiet down and focus on an intention.

Your nervous system is one of the most powerful tools in facilitation. A regulated facilitator provides an anchor of safety for participants through tone, pacing, and body language. Breathwork touches survival responses; your presence and ability to remain grounded offer co-regulation, allowing participants to safely move through activation and return to balance. Remember: your state is contagious. If you are dysregulated, participants will feel it. Preparing yourself with grounding practices such as orienting to the room, slow exhales, or gentle movement ensures you arrive regulated and ready to hold space. Being trauma-informed means recognizing that many participants may carry unresolved experiences or trauma in their bodies. As a facilitator, your role is not to diagnose or treat trauma, but to create an environment of choice, consent, and emotional safety. Approach each session with curiosity rather than judgment, allow participants to move at their own pace, and remind them that they are always in control of their experience.

Setting - Refers to the actual space and you can think of this as intentionally creating a safe external environment for the participants. We suggest keeping any attendees out of the space until you are 100% ready. We also suggest having some background music and lights dimmed if possible before they enter to set the tone. You can also use a diffuser or some sort of incense/smudge burning before people arrive (but not too strong because they will be breathing). Keep the space as clean and decluttered as possible; if online have a pleasant virtual background. It's a good idea for people to have a place to put their belongings away rather than lying around them in their space.

The physical environment plays a critical role in creating nervous system safety. When participants enter a space, their bodies are already scanning for cues of safety or danger — a process called **neuroception**. A space that feels cluttered, messy, or chaotic can signal “unpredictability” to the nervous system, which may heighten **sympathetic activation** (fight-or-flight energy) before the session even begins. For trauma survivors especially, disorganization in the environment can unconsciously reinforce a lack of safety or control.



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On the other hand, a clean, intentional, and organized room communicates **containment, order, and care**. This helps participants downshift into regulation before the breathwork even begins.

Practical Trauma-Informed Tips for Space Setup:

- Keep the environment clean and decluttered to support a sense of calm.
- Arrange mats, blankets, or cushions neatly so participants see order upon arrival.
- Use lighting intentionally — dim or soft lighting supports grounding.
- Consider scent and sound carefully; strong odors or jarring sounds can trigger discomfort.
- Ensure the facilitator area is also organized — your own grounding and preparedness are mirrored in the space.

The environment itself becomes part of the **co-regulation process**. A participant stepping into a well-prepared space receives the message: *You are safe, cared for, and this experience has structure and containment.*

Greeting - Once participants enter the space, it is a good practice to make eye contact and introduce yourself (a hug- depending on the relationship and setting, is also a great way to connect but always ask first with strangers, you can also hold a hand over your heart as you make eye contact and introduce yourself). Allowing them to be seen by the teacher initially really helps to ease any unnecessary nervousness or angst a new attendee may have. A warm smile can go a long way.

Also now is a good time to remind them to shut off their phones and put all devices away. Also it's best to remind people to use the washroom before you get started with your opening talk.

As people enter the room, it is a good idea to ask them to sit quietly and start to begin focusing on their intention for the experience they are about to partake in.

g. Contraindications - Who should not do breathwork? - although breathwork is very safe there are some people who may be at a higher risk and we should always proceed with caution.



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BREATHWORK CONTRAINDICATIONS



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3. Breathwork Contradictions

Is breathwork dangerous? The simple answer is NO. I have never seen anyone in any of my sessions have any negative implications from breathwork. The literature also says it's very safe with many benefits and almost no real serious side effects.

As a facilitator you will have to use your judgment, and if ever in doubt caution on the side of safety. Get the client to get clearance from their medical professional and have them sign a waiver to protect yourself from any situations that may arise.

However there are some people that may not be suitable or be at a higher risk for a contraindication or side effect to occur. Here is a list here for your reference.

PHYSICAL

Epilepsy – faster intense breathing increases CO₂ and could lead to a drop in brain oxygen which can trigger a seizure.

Pregnancy – there has been no major studies on breathwork and pregnancy so we would advise against it. The breathing could trigger stress response or other physiological changes that could put unnecessary stress on the baby and mother. That being said, I have worked with women who have been doing breathwork their entire life and felt comfortable in the sessions without any problems, however, I would still advise against it.

High Blood Pressure / Cardiovascular Disease / Heart attack – intense breathing can increase blood pressure / heart rate and put strain on the cardiovascular system. If the client is on medication controlling blood pressure, there should be no issue. For other cardiovascular concerns it is suggested to always have medical clearance before doing a session.

Asthma – increased breathing may make asthma worse. It is usually a side effect of overbreathing. If a client suffers from asthma and wants to participate they should have their inhalers present. If a client has an asthma attack in a session, it is important to have them slow their breathing down to a minimum and extend their exhales.



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Glaucoma / Detached Retina– due to increased pressure in the eyes (intraocular), breathwork may be dangerous for those with eye issues and it is advised to not do breathwork.

Other contraindications – osteoporosis, history of strokes / heart attacks, aneurysms and any other major health challenge should have medical clearance before participating.

MENTAL / EMOTIONAL

Bipolar and Schizophrenia - could trigger a manic episode and so should avoid breathwork.

Emotional Crisis (PTSD and Other) – although many people find great healing through breathwork if someone has severe issues and is working with a medical professional it would be wise to get clearance before taking the breathwork sessions. Breathwork can trigger strong emotional releases. We want to take care with people who would need extra support in the experience and especially afterwards as well. If you are not qualified to help them integrate, it would be advised you make sure they have a strong support network in place.

Reminder to always err on the side of caution. When in doubt, safety is always first! it's better to deny someone entry to a class or a session than to have to deal with a health contraindication



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Who Can Do The Elemental Rhythm Breakthrough Experience?

If you are unsure, and they have doctors clearance you use the following test to help you measure breathing ability and nervous system sensitivity and make modifications based on their results.

From your breathing fundamentals course:

- **CP score** refers to the **Control Pause** score, a measurement from the Buteyko breathing method. It indicates someone's baseline breath-holding capacity after a normal exhale, *without stress*.
- It gives a good idea of someone's CO₂ tolerance, nervous system state, and resilience to breathwork intensity — especially important when doing extended periods of hyperventilation (like the 25–30 minutes you mentioned).

Here's a helpful guide based on breathwork safety standards, adapted to the ERBE intensity:

Control Pause (CP) Score	Interpretation	Recommendation for ERBE Participation
> 30 seconds	Good breathing efficiency and CO ₂ tolerance	Full participation likely safe
20–30 seconds	Moderate efficiency, may feel more intensity or dizziness	Full participation with guidance; monitor sensations
10–20 seconds	Low efficiency, CO ₂ intolerance, potential for discomfort (e.g., lightheadedness, panic)	Modified participation recommended (shorter rounds, less aggressive breathing)
<10 seconds	Very poor breathing efficiency, nervous system dysregulation likely	Contraindicated — not recommended for full ERBE until breathing improves; suggest gentler practices first. Work on breathing mechanics first.

Summary:

For **full ERBE participation**, a CP score of **at least 20–25 seconds** is ideal, but **30+ seconds** is optimal. If someone has **10–20 seconds**, you'd ideally modify the experience — slower breathing, more coaching on grounding, allowing longer rest phases. If someone is **below 10 seconds**, it's best they first do preparatory work (like Earth Breath, Water Breath practices) before engaging in intense sessions.



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SAFETY & WAIVER



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Safety / Waiver Sample

IMPORTANT: *The following is just a sample, please review it and obtain your own legal advice to ensure this will cover you in your jurisdiction for liability and other purposes. We share this as a sample only and waive liability.*

Welcome to the Elemental Rhythm Breathwork Class. The following class has the potential to change your life, so my best recommendation is to take it seriously and try your best. With daily practice, we have personally witnessed massive transformations in a wide range of people with different ages, occupations, states of health and stress levels.

The following disclaimer is taken from our most intense breathwork courses. We personally feel these are the extreme potential outcomes, however we want everyone to be aware of them and if you have any concerns or questions to speak with a health care practitioner or doctor.

In over 5 years of training and facilitating The Elemental Rhythm Experience, we have never seen or heard of anyone getting injured or having a serious contraindication using breathwork.

The literature also strongly supports this.

A report from 2013 documented the results of 11,000 people over 12 years who participated in a certain type of intense breathwork session and experienced no negative effects. In addition to the many benefits that were observed, no adverse reactions were reported. This makes breathwork a low-risk modality.

In fact, there have been NO reported cases in the research or literature of any reported incidents of things like strokes, heart attacks, etc. happening from breathwork.

Advanced Breathwork has the potential to bring about intense feelings. Because of the strong physical and emotional releases that may arise, it's not recommended for some people. Please talk to your doctor before practicing this type of breathing.

General Safety Tips

Whenever practicing breathwork, it is important to be situated in a safe environment. In some cases you may experience dizziness or feel light headed, in some cases - although rare - you may lose consciousness. Therefore we recommend lying on the floor or in an area that you will not hurt yourself if you fall. It is also important that you never practice this style of breathing while driving, in water (drowning can occur) or in any situation that passing out could harm yourself or others.



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Terms and Conditions – Disclaimer & Release of Liability (SAMPLE ONLY)

By signing below and taking this class I hereby acknowledge that I understand any potential risks of taking this breathwork class, workshop and/or course. It may cause without limitation the loss of consciousness, dizziness, lightheadedness, tetany, and tingling sensations which all can pose a danger to my health and well-being especially when unsupervised.

I acknowledge that I will ensure my own proper supervision, monitoring and/or safeguards, when practicing at home and release and forever discharge Elemental Wellness Studio (2571096 Ontario Ltd), all of its employees, associates, directors, breathwork facilitators and Giovanni Bartolomeo from all actions, causes of action, damages, claims, and demands whatsoever arising out of the participation in the breathwork course.

Breathwork is not advised for persons with a history of cardiovascular disease, including angina or heart attack, high blood pressure, glaucoma, retinal detachment, osteoporosis, significant recent physical injuries or surgery without first speaking with a medical professional.

Breathwork is not advised for persons with severe mental illness or seizure disorders or for persons using major medications. It is also unsuitable for anyone with a personal or family history of aneurysms. Pregnant women are advised against practicing breathwork without first consulting and getting approval from their primary care physician. Persons with asthma should have their inhaler present at all times and consult with their primary care physician.

By signing below and taking this class, I acknowledge that I have read and agreed to the terms above, and if necessary consulted with my doctor and/or healthcare provider prior to participation in the activity and in particular have discussed without limitation the above risk conditions before taking the course.

I understand that there may be pictures or video taken during the session for purposes of use which may include social media or any type of advertising or promotion and I allow the full use of such media. If I do not consent to the use of media, or have questions I will clearly make the facilitators aware prior to the session.

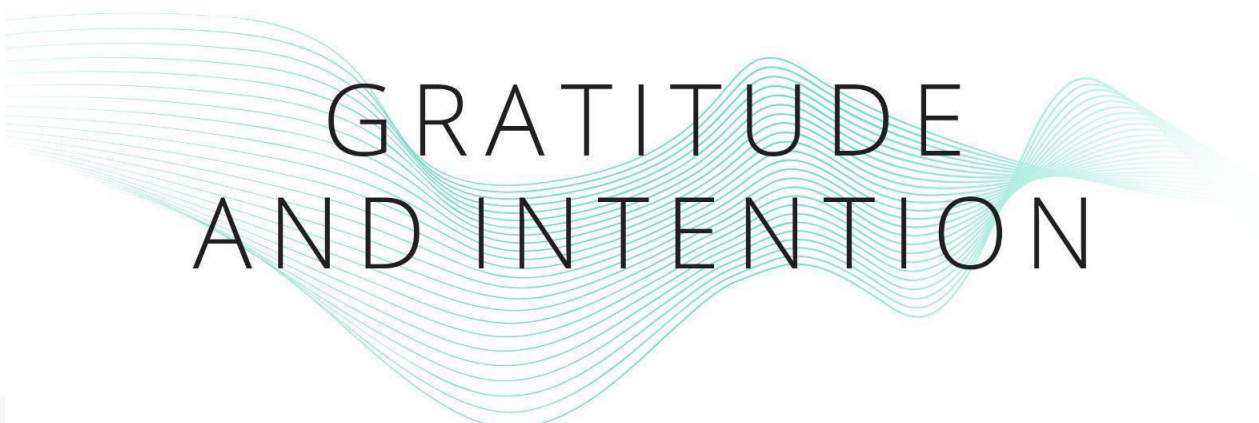
Name:

Date:

Signature:



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GRATITUDE AND INTENTION



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4. Gratitude and Intention

Bringing Intention into the Experience

At the beginning of each class we start with 2 main components, *Gratitude* and *Intention*. A daily practice of gratitude alone has the power to change someone's life. Bringing the emotion of gratitude before setting an intention also increases the effect of reprogramming the subconscious mind. Repetition plus emotion is the best way (and one of the only ways) to reprogram the subconscious.

Easy 30 Second Gratitude Meditation

As mentioned above, as people enter you should ask them to minimize talking and begin to focus on their intention. You should remind them to turn off their phones.

Once everyone is quiet you can ask them to begin by:

1. Closing their eyes
2. Softening their breath and slowly exhaling
3. Relax their body and any tension they feel in the top of their head, face, neck, shoulders etc.
4. Guide them through the 30 Second Gratitude Meditation:
 - Take a moment right now to think of 1 thing you are grateful for.
 - Visualize it in your mind.
 - Go to that moment as if it is happening right now.
 - Next, feel the feeling of gratitude in your body.
 - Now imagine you are breathing in that feeling through your heart (heart coherence).
5. Intention Setting - Now that we are in a space of gratitude, take a moment to focus on an intention for this experience. The intention can be for the actual experience to help them find clarity or relaxation or maybe some insights or direction. Some of my favourite intentions that I suggest are "Trust" and "Surrender". Once everyone has found or clarified their intention we can start the class. In some settings you may ask everyone to share their intention. Another way is to share a word that represents their intention or you can just ask everyone to slowly open their eyes and move to your opening talk (this usually depends on how large the class size is).



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OPENING TALK



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5. Opening Talk

Your opening talk is really important for setting the tone of the experience. People should already be settled with ambient music playing in the background. You want to make sure everyone can hear and see you. One thing that is important as a facilitator is having a strong presence and this means not being afraid to ask people to be quiet if necessary, and make sure there is only one person talking at any time. It's good practice to make eye contact with everyone in the room.

Your opening talk may differ depending on who is in the class and where you are facilitating. Some examples could be at a large event or workshop, at a retreat, in a weekly class or a 1 on 1. In the talk there will be a few main components you need to address. Let's break them down into detail:

5 Main Sections of Opening Talk

- A. Who are you?
- B. Outline of the Breathwork Session
- C. Possible experiences- What can Happen
- D. Tips to Optimize Experience
- E. Permissions/Questions/Consent

A. Teacher Intro

This is a good opportunity to introduce yourself, and you'll want to adapt your introduction depending on who you're speaking to. If it's a new group, take a moment to share who you are and how you came to this work. The length of your introduction will depend on the setting — in a regular class where people already know you, it can be shorter while in a retreat you may choose to share more deeply about how breathwork has impacted your life.

When sharing your story, focus less on the details and more on the transformation — your journey with breathwork and the impact it's had on your life. This makes for the best, most compelling intro story and you want to get people excited about the power of breathwork. Rather than the specifics of your story, it's important to share how it *impacted* your life, what *changes* you experienced and also the experiences of *sharing* it with others.

As part of your facilitator journey, you'll also take time to reflect on your intention for becoming a breathwork facilitator and the path that has led you here. You'll explore this more deeply through the Creative Visioning exercise, which will help you gain clarity about your purpose and the deeper "why" behind your calling to this work.

One of the intentions behind the talk is to build rapport and trust with your class, as they feel more connected to you they can also feel safer and more open which can allow them to go deeper into their experience.



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Group Introductions - Depending on the situation and time allotment for the experience, it is a great idea to allow everyone in the group to introduce themselves, have them share an item of gratitude and an intention even if it is one word for the experience. This helps create a deeper sense of unity and can also help to relieve anxiety with new attendees. This will depend on the time you have allotted for the class as this could add a lot of extra time to the experience.

B. Outline of the Breathwork Session

Walk participants through the entire session at a high level so they know what to expect in each part of the experience.

For each part we want to give a detailed explanation and also walk them through each breath, the mechanics and the cadence and get them to try it in your opening talk. We will explain these in detail in a later section.

Reassure them that it may sound like a lot to remember, but there's no need to worry — you'll be guiding them step-by-step throughout the session.

Encourage participants to stay present and simply listen to their body, allowing themselves to relax into the process in whatever way feels safe and supportive.

Invite them to let go of any expectations and gently surrender to whatever unfolds, knowing they are in a safe and guided space.

Elemental Rhythm Breathwork Outline – The time frames are just guidelines for you at this point. You do not need to let people know how long each section is going to be.

10 min	-Intro Talk
5 min	-Shake
20-35 min	-Breathing Rounds (How to breathe and Cadence)
10 min	-Meditation
10 min	-Integration
10-20 min	-Sharing/Closing circle

C. Possible Experiences

This may be one of the most important parts of your opening talk. It's essential to prepare participants for what they might experience during the session, because when sensations or emotions arise unexpectedly, they can cause surprise or even panic, pulling someone out of the process. By naming potential experiences ahead of time, you help participants feel safe and reassured.

Let participants know that if at any point the experience feels too intense or overwhelming, they can slow down their breath and lengthen their exhales. This immediately helps regulate the nervous system and restore calm.



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Each participant may experience sensations through the five senses — visual, auditory, physical, olfactory, or even taste (though less common). They may also experience emotional or spiritual responses. All of these are normal and nothing to fear — they are simply part of how the body and mind process and release energy during breathwork.

- a. *Temperature*- change in temperature from hot to cold or vice versa throughout the experience
- b. *Auditory*- auditory changes with their hearing (sound like you are underwater, or sensitive)
- c. *Visions*- spontaneous visualizations, dreamlike images, visions, colours, light flashes etc.
- d. Tingling, vibration, body shake- sensations or numbness throughout the body (hands, feet, face, mouth etc.)
- e. *Buzzing* or vibrating throughout the body
- f. *Weight*- feel like you are floating or extreme heaviness in the body, melting in the ground
- g. *Emotions*- may come up, some that feel good, some that are challenging, allow them to come up and release them if you need to (cry, laugh, scream)
- h. *Anxiety*- feelings of anxiety/panic or lightheadedness. For some who have a history of anxiety or panic attacks they may feel a similar feeling that reminds them of a past experience. It is good to let them know they are in full control of this as they are doing the breathing and not vice versa.
- i. MOST IMPORTANT- they may experience *tetany* (t-rex or lobster hands) don't panic its normal and a sign you are intensely breathing. It feels as though your hands lock up and you have no control over them.

D. Tips to Optimize the Experience

A few key tips to help enhance the experience.

Don't Think Breathe - Stay out of your head, don't worry if you are doing it right just do your best.

Depth - Breath deeper and sharper than normal. This is not regular breathing. Sharp deep inhales (may need to flare nostrils), full exhale through mouth, relaxing the jaw. No need to purse lips on exhale. Make a “ha” sound.

Push Yourself (Only if you're ready)- it's called breath “work”, it may feel like exercise at times. Usually when you feel as though you are about to give up that is where the breakthroughs happen. Also if you feel discomfort or a blockage bring your awareness to that area and imagine breathing into it and see what comes up. Ask before class, Who is here to go Deep/All in? *Get a commitment.*

Remember we never want to force a breakthrough and for new people it's better to titrate or go slowly at their comfort level as they lean into their window of tolerance.



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Relax - relax the body, let go, trust yourself and surrender.

Your Job - Mention you are here to push them and keep them going. As a facilitator you want to make sure they get to that special space with the breath. Sometimes if we don't breathe enough we can't get there. It's common for people to doze off or stop breathing and you will tap them on the shoulder or foot to get them to keep going, as many times as necessary.

Honour the Space - No talking or touching, it is the facilitators job to make sure everyone is ok, if you need help just raise your hand or ask for help.

Cover - Keep a blanket nearby in case you need it. Let them know you can help them with whatever they need once we start. Also sometimes a pillow can be used to support head, legs or lower back tightness.

E. Permissions/Questions/Consent

A. Scents / Incense

Smell is another powerful modality to add to the breathwork. We like to use natural essential oils, or natural floral spray mists, we would suggest avoiding any synthetic or chemical scents. Burning specific herbs or incense is also a great touch, sage or palo santo can do the trick. Make sure there is adequate ventilation so that people can still breathe and it's not too smoky. We also like to use hand held fans to spread the scent of the essential oils throughout the space.

We also recommend having a grounding scent to use for the end of the session to help people come back to the present moment such as peppermint or something similar.

B. Touch

Due to liability and to maintain a safe environment, we do not suggest using touch, especially in sensitive areas, and you should never touch anyone without explicit permission. Touch is not a primary part of the modality, but it can be used as an optional enhancement tool to support a participant or help keep them on track. For example, with permission, a light tap on the shoulder or foot can help a participant who is drifting or losing focus, along with calling their name and offering verbal encouragement.

If someone is having a particularly intense experience, allow them to go through it at their own pace. You can verbally support them by letting them know they are doing a great job and encouraging them to continue.



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The second option is holding a hand, but only if it feels completely necessary and the participant consents. This may be appropriate for someone re-living a painful experience, but should always be approached with caution.

The only other time touch may be used is at the end of the integration period. You may, with permission, place a hand over a participant's hand on their heart or lightly on their shoulder to acknowledge their effort. Only use non-sensitive areas, and always ensure participants feel safe and in control of the interaction. Although we ask permission during the consent portion of opening talk you will ask again in the moment before doing so. (is it ok if i place my hand on yours?)

C. Pictures / Video

It is imperative that you include in your consent that if you will be taking any video/photos of the session for your own use or social media/ads that you have consent from everyone participating. There may be some instances that a few people will not want to be in any photos so you can put them in an area where they will not be captured in any media. It is also a good practice to add it to your waiver so if anyone has an issue they can ask about it beforehand.

How to ask permission?

This is best to ask with everyone blindfolded so no one feels uncomfortable. Some people are sensitive to smell or do not want to be touched in any way. For this breathwork it is mainly hands off until the end but even so we always want to make sure everyone is ok with being touched on the shoulder, elbow or hand, and ask if anyone does not want to smell essential oils. Again remind them you are there to keep them going and that may mean you will tap them on the foot or shoulder if they fall off track.

Just before getting started it is a good time to ask if anyone has any questions, concerns or need any clarifications on anything you explained.

Important - As a facilitator the most important permission is to remind participants that they are fully in control of the experience. See below

"Before we begin, I want to remind you that you're always in charge of your experience today. I'll be offering cues and guidance but your body is the ultimate authority. If at any point you feel the need to slow down, modify your breath, pause or rest, please honor that without needing permission. Although I will monitoring and holding space with a watchful and caring presence throughout the experience, you are also welcome to raise a hand if you need support or a check in at any time there's no expectation here to push through or force anything the goal of this breathwork practice isn't intensity- it's **connection** staying present with yourself is the real work and whatever that looks like for you today is exactly right"

Getting The Experience Started



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Invite participants to spread out, stand up, and prepare to move freely. Encourage them to reconnect with a sense of play and curiosity, letting go of judgment about themselves or others — remembering that everyone is wearing a blindfold. Suggest that they notice any inner voice telling them “this feels strange” or “I look/feel silly,” and simply observe it without judgment, as this awareness can help them recognize patterns that may hold them back in other areas of life.

Opening Talk Outline

1. Your Story

- **Share your personal story and answer:**
 1. What Your life was like before breathwork.
 2. How breathwork entered your life.
 3. How it has impacted you.
 4. Why are you inspired to share this experience? (build excitement and curiosity)
 - **Aim to build trust and connection by being open and vulnerable.**
-

2. The Process

a. Intro

- Emphasize participant control: they are in full control at all times.
- Reinforcing the experience is safe, rooted in ancient practices.
- You don't have to remember

b. Explanation – Outline the 5 Parts

1. Shaking 5 min: Loosens energy in the body. (Demonstrate shaking).
 2. Breathwork: Breathing Mechanics: Demonstration (hand on belly and chest 1st diaphragm then up to chest)
Breathing Cadences: Use guided breaths through different elements.
 - Earth: Slow, deep belly breaths. “In 4 out 4”
 - Water: Moderate pace, “In-2-out-2.”
 - Air: Faster, continuous breathing. “in-1-out-1”
 - Fire: Rapid, intense breathing: focus on exhalation
 - Hold & Buzz: Hold breath briefly, then exhale with a hum.
 3. Meditation: Direct energy inward for breakthroughs.
 4. Integration Songs: Relax and process insights.
 5. Closing Circle: Share experiences and energy.
-

3. What You May Experience



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- Temperature: Hot or cold changes.
 - Auditory: Sensitivity or altered hearing.
 - Visuals: Dream-like images, colors, light.
 - Tingling/Vibration: Numbness or buzzing (hands, feet, face).
 - Weight: Floating or heaviness sensation.
 - Emotions: Emotions may surface; allow release.
 - Anxiety/Panic feelings: If it arises, slow your breath. It is only the body feelings not an actual panic attack. You can breathe through it.
 - Tetany: T-rex/lobster hands due to intense breathing (normal).
-

4. General Tips and Prompts

- Remind participants to relax, be present, and follow your cues.
 - Reassure that they can adjust their breathing if overwhelmed
 - Facilitator's Role: My role is to encourage you to observe discomforts and keep breathing through them. This space of discomfort is often where breakthroughs happen, and I'm here to keep you safe and support you throughout.
 - Own Your Experience: Focus on your journey without worrying about others. Expressing emotions or making noise is not only okay but encouraged—it can help deepen the experience for everyone.
 - Handle Distractions: If something external distracts or bothers you (e.g., sounds, physical discomfort, or others' reactions), turn inward and explore what the trigger might reveal emotionally. It could lead to unexpected insights.
 - Commit to Full Breaths: Take deep, intentional breaths. Without pushing yourself, the experience may not be as impactful.
 - Lean Into the Edge: When your mind starts finding excuses to stop, that's often when breakthroughs are near. Commit fully to the process—who's ready to go all in? (*Raise your hand to get group commitment*)
-

5. Permissions /Questions/Consent

- Use blindfolds to ensure comfort and privacy.
- Ask if anyone is sensitive to smells or prefers to avoid essential oils.
- Confirm if light touches (shoulder, elbow, hand) are okay for guidance.
- Mention that tapping on the foot or shoulder may be used to keep them on track.
- Reassure participants of your supportive role throughout the session.
- Invite any final questions, concerns, or clarifications before starting
- Remind participants they are in complete control of their experience
- Guidance and cues are offered but their body is the ultimate authority
- They can pause, modify their breath, or rest anytime- no permission needed
- Monitoring and holding space with care



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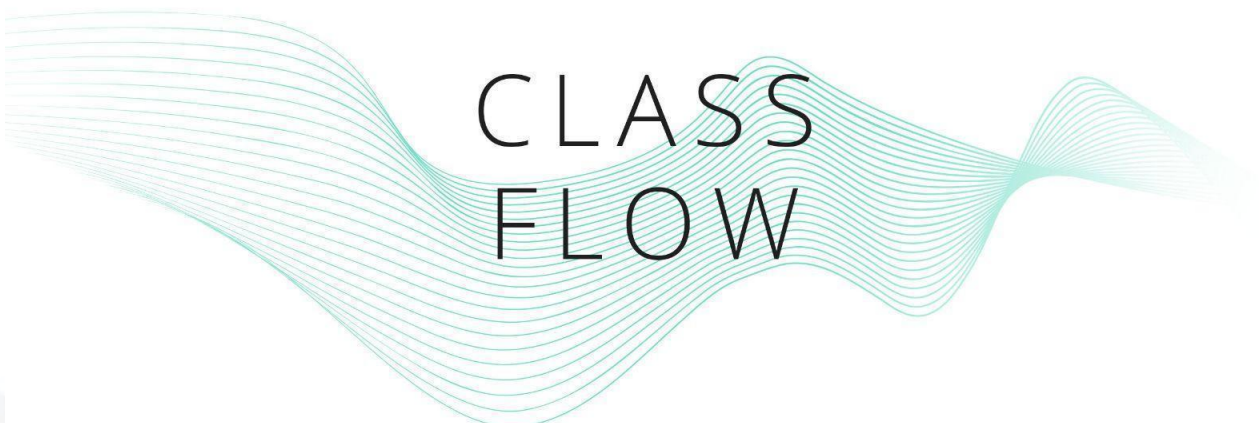
- They can raise a hand anytime for support
- No need to push or force anything
- The goal is connection not intensity
- Presence is the real work-trust your version of that

Getting Started

- Ask participants to stand, spread out, and prepare to let go.
- Remind them everyone is blindfolded—no one is watching.
- Encourage playful, uninhibited movement—like a child.
- Highlight the inner voice of self-judgment—it often blocks freedom elsewhere in life.
- Invite trust in the body's wisdom—allow intuitive, somatic movement to emerge.
- Movement (shaking, swaying, stretching, bouncing) is encouraged as a way to begin releasing and preparing for the breathwork journey.



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CLASS FLOW



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6. Class Flow Details by Section

A. Movement / Shaking (5 min)

The intention of the movement is to open up the body and get the energy flowing. As humans we hold on to emotions, trauma and stress. Our body physically clenches or stiffens up which may not be healthy for us. In the wild, many animals after experiencing a traumatic event will go into a seizure-like shake to release any of the trauma stored physically in their body. For some reason we as humans have failed to adapt to this or have forgotten how to release these trapped emotions. This 5 minute exercise is an invitation to start to loosen up and let go.

TI Note: While blindfolding or closing the eyes can heighten interoception and minimize distraction, this should never be required. For trauma-informed facilitation, offer it as an invitation rather than an instruction, and remind participants that keeping their eyes open is equally valid and supportive.

As mentioned above some vocal instructions are to:

- A. Invite them to let go, give themselves permission to be like a child either moving, playing or dancing
- B. Get out of their mind and into their body
- C. Pay attention to self-talk and let that voice know it has no power over you “this is silly” or “what are you doing here?” that voice is probably holding them back in many areas of their life
- D. Shake, move, loosen the spine, hips or anywhere that feels tight, start to breathe deeply, and loosen up the entire body
- E. Vocalize (where there is an appropriate setting) invite people to yell, scream, laugh, make noise and be present to whatever comes up
- F. Emotions will start to rise here, be present and allow them to come out

At the end of the shaking round, include 1 minute of stillness and silence and invite them to:

- G. Observe any new sensations within their body
- H. Revisit their intention, see if anything else comes up from deep within themselves



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TI Note: Shaking

Completes the Stress Response Cycle - In animals, shaking after a threat discharges excess survival energy. Humans often suppress this natural mechanism, leaving the nervous system stuck in hyperarousal. Shaking allows the body to release stored activation and return to balance.

Restores Autonomic Nervous System Regulation - Gentle, intuitive shaking signals to the body that the perceived threat has passed. This helps the nervous system transition from sympathetic (fight/flight) to parasympathetic states of safety, rest, and repair.

Discharges Muscular Tension and Trauma Held in the Body - Trauma and chronic stress are often stored as contractions in muscles and fascia. Shaking unwinds this bracing and creates space for the body to soften, restoring a sense of safety and ease.

Supports Grounding and Present-Moment Awareness - Shaking reorients attention into the body, pulling awareness away from racing thoughts or trauma loops in the mind. This embodied presence helps people feel anchored and safe in the here-and-now.

Creates Rhythmic, Predictable Movement - Trauma survivors often feel unsafe with stillness or unpredictability. Shaking provides a self-directed rhythm that feels both soothing and regulating, engaging the body's natural need for safe movement.

Engages the Vagus Nerve & Polyvagal Pathways - Shaking stimulates vagal tone, sending feedback to the brain that it is safe to downshift. This increases feelings of calm, social connection, and self-regulation.

Accessible, Nonverbal, and Self-Led - Unlike talk therapy, shaking bypasses the need for words and allows the body to self-regulate without retraumatization. The participant remains in control, choosing intensity and pace, which is essential for trauma-informed care.

Expands Window of Tolerance - By releasing excess activation safely, shaking increases a person's capacity to stay present and regulated in the face of stressors, gradually widening their window of tolerance.

Builds Safety Through Choice and Agency - Trauma often involves loss of control. Shaking gives participants the choice to start, stop, or adjust movement at any time, reinforcing autonomy and rebuilding a sense of personal power, expanding personal space and safety.

B. Elemental Rhythmic Breathing Cycles

As part of your opening talk you will walk people through the breathing mechanics and how to breathe.

The main two things here are the *mechanics* of the breath and the cadence or *rhythm* of breath where we sync the breathing cycles to the music. If there are new people or this is their first time this part is very important.



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A breathing cycle is a combination of 1 or more breathing styles done for a certain period of time usually 4-7 minutes followed by a hold (reset point). **We explain the scientific theory and the 4 Rhythmic Breathing Cycles in more detail in Appendix G.** In this training we focus on Breakthrough as our flagship breathing cycle sequence once you learn this the others will be easy to adapt.

i. Mechanics

Get everyone familiar with diaphragmatic breathing. This is to make sure people are taking deep breaths. Talk about the diaphragm and get people to practice with one hand on the belly and one hand on their chest.

The Mechanics Demonstration/Explanation

- i. Place one hand on your belly and the other on your chest.
- ii. Inhale slowly through your nose* into your belly and feel your lower hand expand without your top hand moving at all.
- iii. This may be challenging for some so try your best.
- iv. We try to always start in the belly, then roll the breath up into the chest and shoulders for a full yogic breath.
- v. Exhale by relaxing the jaw and breathing with a silent “ha” sound from the back of the throat. Mouth breathing can cause dry mouth. Check for REVERSE breathing.

Note: If at any point during the breathwork the participant has difficulty breathing through the nose, let them know they can switch to mouth breathing.

ii. Cadence/Rhythm

During your opening talk this is where you explain the rhythm, it's great here to show in your explanation what you mean by 2-2, 1-1 etc. as described below.

Give an example for each Element and get your participants to breathe along with you as you demonstrate. Let your participants know that during the experience the rhythm of the music will be guiding the pace of the breathing.

Why Nose breathing? Studies show that nose breathing far outperforms mouth breathing when it comes to shifting the brainwave states from Beta to Alpha and Theta. The latter being much more suggestible for reprogramming and creating new belief systems.

Study Source - Zaccaro A, Piarulli A, Melosini L, Menicucci D, Gemignani A. Neural Correlates of Non-ordinary States of Consciousness in Pranayama Practitioners: The Role of Slow Nasal Breathing. Front Syst Neurosci. 2022 Mar 21;16:803904. doi: 10.3389/fnsys.2022.803904. PMID: 35387390; PMCID: PMC8977447.

Rhythmic Breathing Cycles (25 - 35min)



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1. **EARTH Breath** - FULL, SLOW & DEEP- Start with full deep breaths until the song kicks in, i.e. 4 count in and 4 count out. This pattern is used at the beginning and end of each song. Slow deep full breaths. Push them to maximum expansion. Really feel the breath and open the body, ribs, belly etc. Full exhales (approx. 5-60 seconds until rhythm starts).
2. **WATER Breath** - 2-2 We start off with rhythmic inhales of 2 count in and 2 count out. The music carries the beat and rhythm so it's important when choosing music that it's easy for you and the group to follow (imagine a wave washing up and down the shore).
3. **AIR Breath** - 1-1 With about 3 minutes or so left in the song we switch to 1-1 rhythm so we pick up the pace to double time (twice as fast).
4. **FIRE Breath** - FULL SPEED - you can double speed again or just let go into what you feel is an all-out breathing pattern for the last 20-30 seconds before the hold. Do your best or continue at the last speed.
5. **ETHER Breath**- 4-8 Full deep breathe in through nose and double cadence on extended exhalation. This breath cadence will be used during a **FLOW** sequence when there is 3 min remaining in the song

Emphasize the breath rhythm by mimicking the count with the breath. The intention is to get the room to breathe together in sync to amplify the experience.

Achieving Altered States of Consciousness (ASC) through Elemental Rhythm Breathwork

In the breathing fundamentals course Module 4 we will dive deeper into what actually causes the altered state of consciousness. A recent study was done that clearly showed the relationship between dropping CO₂ levels and altered states of consciousness that can be achieved through controlled hyperventilation.

A recent investigation examined a breathwork approach closely resembling Elemental Rhythm, involving seasoned participants and a control group who engaged in a breathwork session while assessing altered states of consciousness (using metrics akin to those in psychedelic research). The mechanism centers on the brain's primary regulatory area: **the frontal cortex**.

Carbon dioxide acts as the key regulator. Fast, ongoing breathing expels CO₂ from the bloodstream, leading to narrowed blood vessels and changed cerebral perfusion. Rather than inducing relaxation, this creates instability.



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During hyperventilation, lowered CO₂ causes cerebral vessels to narrow, quickly diminishing blood supply. Brain imaging indicates the prefrontal cortex is particularly affected. As its function decreases, **the brain's typical control over cognition and feelings starts to weaken.**

In the active breathing group, end-tidal CO₂—typically stable at 36–40 mmHg—dropped to around 20 mmHg on average, with some reaching as low as 16 mmHg. In medical settings, such low values often signal serious issues, like potential heart or lung problems. Yet in this context, these levels reflected an intentional shift away from homeostasis.

The research identified a distinct cutoff: profound altered states seldom occurred without end-tidal CO₂ falling below roughly 35 mmHg. **At 20 mmHg or below, such states were almost inevitable.**

After crossing this point, shifts in awareness persisted, even as CO₂ levels began recovering. Participants in the active group averaged 3.5 fingers raised on a five-point altered-state intensity scale, versus 2.5 for controls. At peak moments, they often exceeded four, while controls rarely surpassed three.

The correlation was clear: **declining CO₂ coincided with changing perception.**

These changes lingered beyond the session's end. One week afterward, the active group reported notable improvements in mood and overall well-being.

Similar to patterns observed in psychedelic experiences, the intensity of the altered state forecasted the longevity of benefits. Individuals with the greatest CO₂ reductions and highest mystical-type ratings experienced the most lasting positive outcomes.

TI Note: Elemental Rhythmic Breathing Cycles

Titration of Activation - Breathwork in rounds allows gradual exposure to intensity rather than overwhelming the system. Each round becomes a “dose” of activation followed by integration, helping participants stay within or gently stretch their window of tolerance.

Rhythmic Regulation - The repetition of inhale/exhale cycles provides predictability and structure. This rhythm signals safety to the nervous system, soothing hyperarousal and bringing coherence between breath, body, and mind.

Discharge and Reset - Rounds of deeper breathing help release accumulated stress hormones (like adrenaline and cortisol) and activate natural discharge mechanisms (tingling, shaking, emotional release). This allows the body to reset from sympathetic overdrive into parasympathetic regulation.

Pendulation Between States - Moving from activation (through intentional breath) to rest (through pauses and recovery phases) teaches the nervous system how to oscillate safely between stress and calm. This pendulation builds resilience and capacity for self-regulation.

Reconnecting to the Body - Breathwork directs awareness into physical sensations, helping trauma survivors reconnect to the body in a controlled and supportive way, reducing dissociation and cultivating embodied presence.



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Vagus Nerve Stimulation - Controlled breathing, especially extended exhales, activates parasympathetic pathways via the vagus nerve, supporting relaxation, digestion, and feelings of safety.

Anchoring Through Rounds - The predictable beginning and end of each round gives participants a clear sense of time and progression, reducing fear of being “stuck” in activation. This is trauma-informed pacing that helps the body and mind trust the process.

Integration Windows - The pauses between rounds are as important as the breathwork itself. They create space for the system to integrate shifts, notice subtle changes, and restabilize before continuing.

Choice and Control - Participants can modulate pace, depth, or duration of each round, giving agency and supporting trauma-informed principles of safety, choice, and empowerment.

Expanding the Window of Tolerance - Over time, cycling through breath rounds safely helps widen the nervous system’s capacity to experience intensity without overwhelm, increasing resilience and emotional regulation.

iii. Breath Holds

The breath holds are used as reset points at the end of each round. There are two main holds we use on the inhale and one on the exhale and some optional holds as explained below.

1) Hold On Inhale (Antar Kumbhaka)

In yogic pranayama, holding the breath after an inhale is known as **Antar Kumbhaka** (“inner retention”).

For Advanced / Experienced Breathers: You can apply and experiment with energy locks: During this hold, practitioners often apply **Mula Bandha**, the **pelvic floor lock**, to direct energy upward through the spine. When combined with additional locks — the abdominal (Uddiyana Bandha) and throat (Jalandhara Bandha) — this becomes **Maha Bandha**, or “the great lock.” These subtle muscular engagements create internal pressure, stabilize the posture, and channel the body’s energy in a focused way.

Mula Bandha (Root Lock): Gently contract and lift your pelvic floor muscles, as if stopping the flow of urine.

Uddiyana Bandha (Abdominal Lock): Draw your lower belly in and slightly up toward your spine, creating a light internal lift.

Jalandhara Bandha (Throat Lock): Tuck your chin slightly toward your chest, lengthening the back of your neck to seal the throat.

From a physiological perspective, inhale retention with bandhas increases **intra-abdominal and intrathoracic pressure**, gently stimulates the vagus nerve, and temporarily shifts CO₂ and O₂ balance in the blood. This combination heightens body awareness, builds energetic charge, and activates deeper layers of the nervous system. Many practitioners experience a sense of stillness,



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euphoria, or spaciousness during these holds — a state that's both physiologically grounded and traditionally viewed as a gateway to altered or expanded consciousness.

In Elemental Rhythmic Breathing, we inhale **holds with Mula Bandha (and sometimes Maha Bandha)** at the end of certain rounds to **amplify energy, stabilize the internal state, and create a powerful “threshold moment” before release**. This brief pause allows the nervous system to integrate the effects of the previous rhythm, while setting the stage for emotional breakthroughs, heightened clarity, and deeper presence.

At the end of each song with about 1 minute remaining, we count down to a full inhale and a hold with lungs full. Hold for about 10-15 seconds.

1. Visualize a light traveling up the spine
2. Hold your pelvic floor (optional)
3. Squeeze abdominals and put chin towards your chest (optional)
4. Feel pressure raising to your head
5. Countdown to let go 5-4-3-2-1
6. Relax the body and melt into the ground while performing Buzz Breath/
Vocalization
7. Hold on empty for a few seconds before taking a slow deep EARTH breath

2) Holds on Empty Lungs (Acute Intermittent Hypoxia)

Holding on empty lungs after a Rhythmic Breathing Cycle is a type of breathwork often referred to as Acute Intermittent Hypoxia. The specific process when combined with a max breath hold on empty can create a short term (acute) drop in oxygen levels in the body and brain which can have some positive effects for the participant. For more information see the Appendix.

If participants are experienced with breath holds, you can guide them through holds on empty lungs using the same steps as above, but exhaling fully first and holding on empty.

- Start with shorter holds (e.g., 30 seconds) and gradually increase in increments (e.g., +15 seconds) toward 1 minute. Alternatively, you can call out time markers (e.g., 30 seconds, 45 seconds) and allow participants the option to release when needed.
- Facilitators must time the round carefully to keep the group aligned and minimize risk of overexertion.
- Always encourage participants to stop holding if they feel unsafe, lightheaded, or need to inhale — the goal is controlled practice, not maximal endurance.
- This creates a different experience and may increase the likelihood of lightheadedness or fainting. While generally safe, it can feel intense for some participants, so extra care and guidance are needed.
- Encourage participants to honor their body's signals — lightheadedness, tingling, or tension are normal — but remind them they should never feel pressured to reach a target time.



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- Remind participants that each breath, hold, or release is their choice, supporting autonomy and safety.
- Catalyst Breath (See Appendix G) we will encourage longer hold on exhale.

Flow Sequence:

Hold on empty is used during the Flow Sequence. At the end of each round, with 1 minute remaining, participants will fully exhale and hold on empty lungs. The goal is to hold on empty for 30 seconds to 1 minute; however, depending on the level of the participant(s), you can indicate when time has reached certain targets (e.g., 30 seconds, 45 seconds). This allows participants to hold to their maximum capacity and slowly build toward 1 full minute. The intention is never to push them to the point of gasping for air. After the hold, guide participants to return to full, deep inhalations and exhalations.

Refer to the online Acute Intermittent Hypoxia section for more information.

i.v. Buzz Breath

- Buzz Breath, also known as **Bhramari Breath**, is an ancient pranayama technique (**Bhramari Pranayama**)
- Exhale slowly while making a humming or buzzing sound, focusing the vibration around the nose or nasal cavity.
- Optional variations:
 - Use the index finger to gently press the cartilage of the ears to block external sound (optional; may be avoided in later rounds due to tetany or distraction).
 - Press the tongue against the roof of the mouth while humming or buzzing.
- Benefits:
 - Can increase **Nitric Oxide production up to 15x (1500%)**, which supports various physiological functions and may assist in altered states of consciousness.
 - Stimulates the **vagus nerve**, improving vagal tone.
 - Vagus nerve stimulation can:
 - Lower blood pressure
 - Decrease heart rate
 - Reduce the body's stress response
 - Support digestion
- Participants can buzz at a comfortable intensity, whether loudly, softly, or internally.
- Focus on the sensation in the body, not achieving a particular sound or pitch.

v. Toning / Releasing

- Around the midpoint of the experience, facilitators can invite participants to **tone**.



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- After releasing a hold, participants can make an audible sound, such as “om,” “ahhh,” or other vocalizations.
- Participants can also be invited to **yell or scream** if they feel the need to release energy or emotion.
- Toning helps participants **release stored energy and emotions**.
- It allows participants to **feel the vibrations in their body**, serving as an activation and integration tool.

vi. Recovery

- After each hold, invite participants to **notice the stillness** in their body.
- Hold on empty for a few seconds, allowing the nervous system to settle.
- Guide participants into **EARTH BREATH** — slow, deep inhalations and exhalations — until the next song begins.
- Encourage participants to **tune into bodily sensations** and remain grounded in the present moment.
- Remind participants that they can **pause, adjust, or modify** their breath as needed.
- Facilitators model **calm, steady breathing** to co-regulate and support the group.

C. Final Round - Transition to EPIC Visualization

i. Stillness

After completing all rounds (music and round length will be addressed separately), pause for up to **1 minute of silence**.

Guide participants to **down-regulate** by focusing on **lengthening exhailes** and practicing **slow, relaxed breathing**.

Encourage participants to remain **present in their body** and notice the shift from activation to calm.

ii. Music Selection

Music selection will be reviewed later in the course. After about **1 minute of silence**, start with a **heart-opening song**.

Choose a song that **moves you personally** and evokes emotion. Your connection to the music will enhance the group's experience.

iii. Music Levels

This is one of the most important parts of the experience. You want to make sure that there is a good balance between the audio levels and your voice to guide the meditation.

The following sections will be explained in more detail later in their own sections.



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D. Visualization

Now that their state has shifted we will lead them into a specific visualization process opening deeper awareness and potential breakthrough opportunities.

E. Integration

After the visualization we will leave space to integrate the experience.

F. Closing / Sharing

Participants will have an opportunity to share their experience and receive support..

7. Music Selections and Timing

Music is a powerful tool to **make the practice your own** and deepen the experience. The music you choose will help you **connect more deeply** with participants and **facilitate at a higher level**.

Select songs with a **rhythmic beat that is easy to follow and breathe to**.

A **range of 80–120 beats per minute** is a good starting point, but focus more on **feeling the rhythm** than exact numbers.

Practice **breathing with music** in your daily life — at home, work, or elsewhere — to develop timing and flow.

In class, examples will be provided to help you **understand and practice** syncing breath to music.

1. Shaking music that will be used for the movement, lots of drums, high energy, allowing people to move.
2. Breathing Rounds will have songs that follow a good rhythm and have a good speed to keep the rhythm of breath flowing and on track.
3. Meditation music will need to be emotionally powerful to help incite feelings of gratitude.
4. Integration should have little or few words very simple and ambient if possible.

Sample Playlist times 45-60 min total :

Shaking Track	4-7 minutes (can go longer if needed)
Breathing Track	4-7 songs (4-7 minutes each TOTAL time 28-35 min)
Meditation Track	7-12 minutes
Integration Track	7 - 12 minutes Wake Up - 3 - 5 minutes



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Music Transition Timing Examples

When Transitions Occur

Song Start Earth – Transition to water 30-60 seconds into track*

3:00 Remaining in track - transition from 2-2 (Water) to 1-1 (Air)

1:30 Remaining in track - transition from 1-1 (Air) to Full speed (Fire)

1:00 Remaining in track - Breath Hold release (Buzz) and recover

Example: 7 Min Song

0-30 seconds (or until rhythm starts) - opening deep breath EARTH

0:30 - 4:00 - 2-2 breathing WATER (Transition @ 3:00 left in track)

4:00 - 5:30 - 1-1 Breathing AIR (Transition @ 1:30 remaining in track)

5:30 - 6:00 - Full Speed FIRE (Transition @ 1:00 remaining in track)

6:00 - 7:00 - Breath hold, Release (BUZZ) recover



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GUIDING THE EXPERIENCE



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8. Guiding The Experience

This part is something that can't be mastered by reading or taught — it's embodied over time through awareness, practice, and presence. The key to trauma-informed breathwork facilitation is to guide in a way that helps participants feel safe, empowered, and in control of their own experience. With each session, you'll continue to hone this skill — learning to sense the energy of the room, trust your intuition, and respond with grounded awareness.

A. Presence

Become part of the experience. You will be breathing with the class and leading them through the entire journey. The energy in your voice and how you guide them is deeply important, as participants will attune to your tone, pace, and presence throughout the session.

Your presence is the foundation of safety in the room. Before you begin, take a few moments to ground yourself — slow your breath, feel your body, and drop into stillness. A regulated facilitator helps co-regulate the group, allowing participants to feel more at ease and supported.

As you lead, stay attuned to the energy of the group, remembering that not all expressions are visible. Some participants may process quietly or internally. Avoid assumptions and hold space for all forms of experience, whether that's stillness, tears, laughter, or silence.

Over time, you'll begin to sense the subtle shifts in energy that occur throughout a session — from excitement, to uneasiness, to emotional release, and back to calm and stillness — sometimes all within a single class. These moments are natural parts of the process and do not require fixing; simply hold presence and guide the group with steadiness and compassion.

If you notice someone becoming overwhelmed, offer gentle options such as slowing the breath, placing a hand on the heart, or returning to a natural rhythm. Always give permission for participants to adjust their pace, open their eyes, or rest when needed.

Maintain a calm, grounded tone and clear pacing in your voice. This stability reassures the nervous system that it's safe to release and explore.

Before starting, ensure your device is on airplane mode with notifications off, and let anyone in the space know not to interrupt once the session begins. Each of these small actions contributes to maintaining a secure, focused environment.

Through practice and presence, you will continue to hone this skill — learning to sense the energy in the room, trust your intuition, and respond with awareness, empathy, and authenticity



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B. Motivation

Your role is to support and encourage participants throughout the session. Offer gentle reminders, affirmations, and acknowledgments — say their names, let them know they are doing well, and recognize the effort they are putting in. The rounds provide the structure for growth and transformation, but each participant moves at their own pace — your encouragement helps them stay engaged without pressure.

Focus on motivation from a place of compassion and empowerment, rather than pushing participants beyond what feels safe.

Your presence and words can help participants feel supported and capable, creating a safe environment for breakthrough and self-discovery

C. Keep on Rhythm

Timing and rhythm are central to creating a cohesive, connected experience. Know your music, move with the song, and use gentle cues — tapping your leg, swaying, or dancing — to help guide the group's breath. Synchronizing the breath enhances group cohesion, but remember that each participant's nervous system is different. Allow them to follow the rhythm at their own pace if needed.

Locate your most confident breather as an anchor to help you signal inhales and exhales. While guiding other instructions, be aware that your rhythm may shift — return to it gently, without judgment. The goal is connection, not perfection.

D. Other Guidance Tips

Leaving Space / Balance

- Find the balance between talking too much and too little. Pause when needed to allow participants' nervous systems to integrate. Silence can be as powerful as words.
- Ensure instructions are invitational, not directive: phrases like "If it feels right, you can..." support choice and agency.

Volumes

- Balance your voice with your music. Your voice should be slightly louder than the track, including vocals, so instructions and guidance are clear.
- Check in with participants before beginning to ensure they can hear you comfortably. Adjust as needed, and remind them they can move away from the music if it feels too intense.

Intuition



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- Trust your intuition throughout the session. Anything can happen, and your role is to stay present, calm, and responsive.
- Mistakes may happen — stay grounded, adjust as needed, and continue guiding with presence. Your steadiness communicates safety and co-regulates the group's nervous system.

E. Prompts

“Breathe with your entire body - from the top of your head to the tips of your toes”

“Don't give up you're doing great or keep going try your best and listen to yourself”

“Open up the belly, feel a slight stretch in the chest/ribs, fully exhale”

“Trust yourself and let go”

“Let the music guide you, let your breath become automatic, intuitive”

“Is this what waking up feels like?, Is this what transformation feels like? Awaken”
your inner self, the power within”

“Feel the energy as you breathe, the chi/prana/life force”

“Shake if you need to (especially on buzz or exhale”

“Keep following your breath — “you're doing great.”

“Trust your pace; your body knows what it needs”

“It's okay to slow down or rest — honor what feels right for you.”

10 Uplifting Mantras to Prime the Subconscious

“You are loved.”

“You are safe.”

“I believe in you.” / “Believe in yourself.”

“You are full of infinite potential.”

“You are enough, exactly as you are.”

“You are supported — by your breath, by this moment, by life itself.”

“You have everything you need inside of you.”

“You are free to be who you truly are.”

“Your heart knows the way.”

“You are powerful, and your presence matters.”

Trauma Informed Prompts

“Remember, you are in full control of your breath at all times.”

“If at any point you need to slow down, pause, or breathe normally, that's absolutely okay.”

“Your body knows what it needs — listen to its signals and honor them.”

“If any sensations feel overwhelming, you can always place a hand on your heart or belly and return to gentle breathing.”

“Everything that arises is welcome here, and you get to choose the pace.”

“If it feels right, open your eyes or look around the space to ground yourself in the present moment.”

“Numbing, tingling, or emotions surfacing are all normal — and you're safe to move at your rhythm.”

“If you need to shift your position or take a break, that's a form of self-care — trust that instinct.”

“You don't have to force anything — the breath will take you as far as you're ready to go today.”

“Coming back to a gentle, steady breath is always available to you whenever you need it.”



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TI Note: A trauma-informed facilitator prioritizes safety, choice, and connection over intensity or cathartic “breakthroughs.” Your presence, tone, pacing, and responsiveness shape how safe the nervous system feels to release.

Encourage agency, normalize all experiences, and hold space without expectation — this is what makes breathwork truly healing and integrative.

9. E.P.I.C. Awareness Visualization Framework

Each meditation follows a specific framework designed to help them go deeper into their transformative process. As the breathing Cycles shift their state and change the activity in their brain from beta to alpha, theta and sometimes even gamma, the analytical mind shuts off and the brain enters into a more suggestible state similar to upon waking or falling asleep.

The four stages are

Emotion - Important for somatic embodiment and activating heart coherence by syncing breath and feeling, opening the body for deeper emotional release and belief shift.

Perspective: Identify the area of life that’s asking for attention or change.

Introspection: Explore the beliefs, emotions, and stories behind the current pattern.

Contemplation: Clarify the insight and prepare to integrate it into daily life.

Timeline Weaving

We introduce a concept for facilitators to share with their clients on how we can best create transformation from a 3 stage perspective we call timeline weaving.

1. Having a clear vision of their future self and dream life
2. Clearing Trauma and Blockages from their past in their subconscious mind.
3. Creating awareness in the now on changes that can be made and actions taken as well as how to regulate their nervous system through various breathing practices and improvements.

As we combine these three experiences through our visualization portion of the experience it will allow clients to have new awareness in each of these 3 areas that will over time weave together into a transformative outcome.

Our classic Visualization for clearing the past, and connecting with the inner child that can truly unlock deep healing and transformation is our Inner Child Breakthrough Visualization Outline below and the first one you will learn in this training. In Appendix C you can find the other 2 scripts for future self and present moment awareness which you can try in some of your practice sessions.



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The Elemental Inner Child Breakthrough Visualization - 3 Stages (10 - 12min)

As you guide this experience, building emotional frequency and hold the emotional space, allow yourself to fully **experience it as well**. Seeing, feeling, and guiding the visualizations while participating amplifies the **authenticity and potency** of the container you are creating.

Stage 1 - Gratitude (Emotion)

1. Think of or recall a moment in your life when you experienced an immense amount of gratitude. Maybe the birth of a child, a good friend, something you accomplished, some time in nature, a pet whatever comes to mind.
2. Visualize it as if it is happening right now. Who is there? What are the colours, scents, imagery you see?
3. Focus on the feeling. What does gratitude feel like in your body?
4. Once you feel it, bring that feeling up to the center of your chest. Feel it.
5. Next breath take a deep breath and inhale as if you are breathing in gratitude through the center of your chest.
6. Allow the feeling to expand to every cell of your body.

Facilitator Modification: As we begin, remember that gratitude can feel different for everyone. If it's hard to think of a specific moment, you can focus on something small that feels good right now — or just imagine what gratitude might feel like.

If no image or memory comes up, that's completely okay. Simply notice what's here — maybe your breath, your heartbeat, or the feeling of your body supported by the ground.

Stage 2 - Self Connection (Perspective + Introspection)

1. Now visualize a younger version of yourself
2. It can be from when you were a young child or from a few days or months ago or maybe a challenging moment in your life.
3. Stare directly into your eyes
4. Feel a connection
5. Imagine or visualize a beam of energy flowing from your heart to your heart. Giving and receiving this feeling of gratitude.
6. Feel the deep connection to yourself
7. What is coming up for you? What do you feel? Can you see or witness a different perspective of this experience at this moment?
8. What did you need in that moment, can you give it to yourself right now?
9. Embrace yourself



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Facilitator Modification:

As we move into this next part, notice what naturally arises for you. It may be a younger version of yourself, or it might be something else entirely — perhaps your higher self, a supportive presence, or simply a sense of light or warmth. Whatever comes forward is perfect for you at this moment.

Stage 3 - Four Heart Healing Mantras (Introspection + Contemplation)

Now I invite you to communicate with yourself. More important than the following statements is the feeling each one evokes. Try to feel it fully without judgement. The focus is not on “forcing” forgiveness or love, but on acknowledging what’s present in your heart with compassion.

1. **THANK YOU** - thank you for the ups and downs, the life lessons and the journey. Thank you for being you. Thank you for not giving up ... Thank you.
2. **I'M SORRY** - I'm sorry for letting you down. I'm sorry for making mistakes. I'm sorry for hurting myself and others... I'm sorry.
I acknowledge the ways I've struggled or the pain I've carried
3. **I FORGIVE YOU** - You are only human. We all make mistakes. We can let things go. I don't need to hold on to this pain any longer. I forgive you fully and completely. Let's move forward... I forgive you
Forgiveness is an invitation to release
4. **I LOVE YOU.** I love you for being you. I love you for who you are. I love you for all of your gifts and qualities and all of your imperfections. You are special and unique... I Love you
5. **Integration:** What is one small change you can make? Towards yourself, others or life in general?

Facilitation tips- Take your time, let each statement sink in. Repeat the Mantra. Slow down. Say it with meaning and purpose as if you were speaking with yourself.

Normalize the range of responses: tears, numbness, peace, discomfort — all are part of the body's way of regulating and integrating emotion.

Safety, choice, and pacing are the foundation of this experience. Some participants may feel emotional release, others may not — both are perfect.

Stage 4 - Integration/Relaxation (10 - 12min)

Play soft ambient music or your own instruments as participants integrate the experience. We suggest a minimum of 10 minutes in full relaxation. This period allows the body and nervous system to recalibrate, giving participants time to settle into the new state and absorb the shifts created during the session.



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Stage 5 - Grounding (Optional)

Depending on your comfort level and the group you want to help bring them back into the present moment. One approach is to use essential oils and hold them above each participant's face one at a time thanking them for doing this work and showing gratitude and appreciation. The key here is to be sincere and say things you feel comfortable with like:

1. I love you
2. Thank you for all that you do
3. Thank you for doing this work
4. Great job keep it up
5. You are special
6. God bless you

Some other optional things again with permission and with a comfort level is you can hold their hand, put a hand on their shoulder or put their hand on their heart and your hand on top of their hand. Always ask permission first. When you are touching someone, it is important to be very present and have an intention of sharing unconditional love from source.

This is completely optional and should align with your personal comfort level. If you don't align with this technique, hold space for them in a way that aligns with your style.

Grounding here helps the nervous system settle after emotional processing, preventing lingering activation.



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CLOSING & SHARING CIRCLE



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10. Closing - Sharing Circle - Expression & Integration

Invite participants to slowly remove their masks and begin to stretch. They can wiggle their fingers and toes and gradually return their attention to their body and the room. When they feel ready, without rushing, they can begin to form a circle.

Encourage participants to notice the return of safety and rest — feeling the ground beneath them, the rhythm of their breath, or the temperature of the air. You can guide them to gently move fingers and toes as they reorient to the present moment.

Depending on the group, comfort level, and sense of safety, you can invite participants to hold hands in a circle (optional). Another option is to place a hand over their heart. This can be a powerful experience, allowing participants to sense increased energy, vibrations, or goosebumps as a shared connection with the group.

The next steps are as follows:

1. Go back into the feeling of gratitude and feel it in your heart. Breathe it in.
2. Let's set an intention to share that feeling with everyone here today.
3. Here's where you can say a few positive things. I usually go with something along the lines of:

"May all of your intentions be realized, may you find peace, healing, strength, support and community, may we see an end to suffering and peace on earth. Now let's send some love and gratitude to those who are not with us today, living or past who we love and care about. Let's send some love and support to those who are lost, angry, and hurting themselves and others, may they find their way. Let's send some love to pacha mama, mother earth, and finally let's send love to ourselves so we can shine our light and continue on our journey of self improvement"

4. You can close with one to three deep collective breaths with a sigh as an exhale.
5. Thank everyone for partaking in the experience.

You can use the above example, a variation of it or whatever you feel comfortable with as a closing talk/exercise.

Here is a good opportunity to introduce some of the integration questions to the group. The simplest one is what is the biggest takeaway or new awareness that arose today? What is one action or small thing you can do to integrate that into your life. (See Appendix E for Integration questions and potential hand out sheet)



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At this point we unlock our hands (if holding) and we go around the circle one at a time to share. Some rules are 1 person speaking at a time and you can share anything you want. We're not really here to give personal advice or just listen. If someone asks you a question, be honest and try to use your own experiences to answer. If you don't know, just say you don't know. Let people know that sharing is optional and if they are not ready and still processing we can come back to them later or skip them altogether.

As people share you can gently invite them to think about how they can make a change in their lives based on the awareness or experience they had.

In case some shares are too long and you need to be mindful of the timing, interrupt politely by asking "What does this mean to you? What is your take away?"

Your role as facilitator is not to fix or interpret their experience but to hold a grounded, compassionate space for self-discovery and nervous system balance.

Once everyone has shared you can share a bit about the experience and how it was for you and tell people how to keep in contact with you. Encourage gentle aftercare: hydration, rest, journaling, or light movement. Remind participants they can reach out for support if they feel dysregulated later on. It's also a great opportunity to talk about how committing to a regular class or practice has exponential growth benefits and also that this practice is more of a workout and differs greatly from how we should be breathing on a daily basis. Let them know there are resources available for them to continue practicing on www.elementalrhythm.com and you can give them your coupon/affiliate code.

This is a perfect time to invite them to stay behind if they have any questions and potentially connect for 1:1 sessions or to inquire about becoming a facilitator.

Why the sharing circle is so powerful.

1. Creates deeper connection and community within the group
2. Helps others to integrate their experience and not feel alone
3. Provides an opportunity for the facilitator to connect deeper and give some insights based on their own experience (no advice especially if not qualified)
4. It also gives some space for people

Closing circle tip

At the end of your circle this is a great opportunity to share upcoming classes, exchange contact information or ask for referrals. Now is the perfect time. You can reference and learn more about this in the marketing program.

You can also hand out the integration worksheet with your contact info on it (unless you gave it to them before class). You can also ask the questions verbally during the integration part of breathwork or before/after the sharing circle.



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FINAL EXAMINATION



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11. Final Examination

Each facilitator **must demonstrate confidence and accuracy** in delivering the entire Elemental Rhythm Breakthrough Experience session from start to finish.

Breathwork Fundamentals: Review and master the basics by completing the online course

Practice Requirements: Complete a log sheet with a minimum of **10 practice sessions as a facilitator**, 6 as a volunteer for other facilitators and 4 sessions with family and friends.

Out of the sessions you facilitate you must do at least 3 **Flow sessions** (log sheet template provided).

Final Exam: Record your final exam session and submit it in **mp3 format** for grading. Ensure both your voice prompts and music are clearly audible.

Refer to the **exam outline** in your online Facilitator Resources for detailed instructions.

How to Record and Send Your Audio File via WeTransfer

1. Open the voice memo app on your phone.
2. Start a new recording. For best results, hold the phone in your hand or keep it close to you.
3. Play the music on a separate device or speaker while recording.
4. Once the recording is finished, name the file and tap the icon with three dots inside a circle.
5. Scroll down and select "Save to Files."
6. Open the WeTransfer app or website and click the "Upload File" button.
7. Select "Choose Files" and locate your saved recording.
8. Click the file to upload it.
9. Enter the recipient's email (certification@elementalrhythm.com) and your own email address.
10. Check your email for a verification code and enter it on WeTransfer.
11. The file will upload and send successfully.



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ELEMENTAL RHYTHM COMMUNITY



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12. Elemental Rhythm Community

Elementalrhythm.com - Lifetime Access – as a facilitator you have lifetime access to elementalrhythm.com and all the resources on the website including this facilitator certification course. We highly recommend taking some of the other courses and trying some of the tracks. Being familiar with the site will allow you to easily recommend things for your students to try. In your portal on your dashboard you will have access to course material, handouts and everything you will need for this training and beyond.

Whats App Groups - You will have a whats app group where your mentors will be available for the duration of your training for feedback and written and audio support. These will be active for a limited time. Once certified you will join our main whats app group and FB community to connect with the other facilitators. A third group will also be available to co-ordinate practice sessions with other facilitators looking to facilitate and receive.

Affiliate Program – You can share and refer your community and students to elementalrhythm.com with your specific affiliate link and coupon code. When anyone registers with your link or code you will share in revenue for both website sign ups and facilitator referrals.

Additional Courses:

Trauma-Informed Course- This course is included in your lifetime access and is *mandatory* to complete before taking your final exam. It offers essential insight into working with others in a safe, respectful, and supportive way. A mini quiz is included at the end, and a passing grade of 75% is required. This module is foundational in helping you understand how to approach breathwork with sensitivity and care.

Breathwork Fundamentals Course- This is included in your lifetime access, this prerequisite course is *mandatory* to complete prior to your final exam. It provides a comprehensive overview of key breathwork principles, techniques, and safety protocols that are vital for your success as a facilitator. You'll be required to complete a mini quiz at the end of this course with a passing grade of 75%. These fundamentals will directly support the quality and effectiveness of your sessions.

Marketing Program-this is included in your lifetime access and not mandatory for certification—but highly recommended! This course is your go-to guide for building a successful breathwork business. It includes a workbook, tools, and resources to help you clarify your message, attract aligned clients, and grow with confidence. While not required, it's a powerful next step once you complete your certification.



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Administrative – If you haven't already, please send in your bio, headshot, open your affiliate account and sign your facilitator contract. All are necessary to receive your certification.

Integration Breathwork Coaching -The next level after the Facilitator Certification, this course focuses on supporting clients beyond the breathwork session. You'll gain tools and frameworks to help clients process and integrate their experiences, offering deeper transformation and long-term impact.

Prerequisite: Elemental Rhythm Facilitator Certification Breathing Fundamentals & Trauma Informed
This course is also a *required step before entering the Advanced Coaching level.*

Advanced Elemental Rhythm Breath Coach- this advanced level builds on both the Facilitator and Integration levels, this course offers advanced coaching methods, deeper client work, and the ability to work with more complex personal and emotional patterns. It's designed for those who want to work one-on-one at a deeper level and fully embody breathwork as a transformational coaching tool.

Prerequisite: Integration Breathwork Coaching.

Educator Training – I know it's early but if you have ever thought about teaching people to facilitate breathwork (teaching this exact course)? After facilitating for minimum 1 year consistently you can become an educator and certify others to share the gift of breathwork.



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APPENDIX



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APPENDIX A - OPENING TALK SAMPLE

1. Your Story
2. The Process
 - a. Intro
 - b. Explanation - Outline the 5 parts
3. What you may experience
4. General Tips and Prompts

Hello everyone and welcome to the Elemental Rhythm Breathwork Experience. My name is _____ and I'll be your facilitator today. I'm so grateful to be here and share this experience with you.

[1. Your Story]

[input personal story and answer these 3 questions:]

1. How breathwork came into my life.
2. How breathwork has impacted my life.
3. Why that impact has inspired me to share breathwork with you today.

[Remember this opening talk is about building trust so they feel safe under your guidance so it's ok to be vulnerable and share, this will allow them to connect on a deeper level. We also want to get them excited about what they are about to experience]

EX: Breathwork first came into my life in a funny way. I was walking down the street and this guy was like "Hey have you ever tried breathwork?" and I said no, but I was in an explorative mood so I signed up for his class that evening and wow. That night I cried like a BABY and that might sound terrible but it was...liberating. From that moment I just knew I found something special. I connected with myself in a way that no therapist, or guru, or youtube video has been able to help me do. And it's that connection with myself that inspires me every day to help others feel that same connection with themselves.

[2a. Process Explanation Intro]

Now that you know a little bit about me, let's break down the experience. Before we dive into the details let me say this:

1. You are in complete control of the experience at all times.
2. This experience is completely safe, and has been studied and experienced in similar fashions for thousands of years.

Now don't worry about memorizing everything I'm saying as I'll be repeating things to you throughout the experience so sit back relax and be present and listen.

[2b. Process Explanation]

Let's start with an overview of the whole experience.



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First we start with a little bit of shaking to stir up the energy in the body. Then we lay down for the breathwork portion where we're doing our best to build up this energy. Next we'll go into our meditation where we'll guide the energy you've built up to experience powerful breakthroughs. From there we'll go into a song of integration where we'll allow the energy to re-settle while we process and integrate any insights that may have come up. And finally we'll finish off with a closing circle where we'll have the opportunity to share the energy we've experienced.

So let's go back to the shaking. The shaking is all about moving erratically, don't worry about trying to dance or look good or any of that. The goal here is to get the body moving, get the blood pumping, and get the energy flowing.

The shaking can also help to release stagnant energy, thoughts, feelings and emotions that are stored physically in the body. We find the more you let go in the first 5 minutes, it will help you to go deeper into the breathwork.

[Optional example of animals in the wild, if a gazelle escapes a cheetah attack, when it is safe it will shake in a seizure like fashion to release trauma from the body. Humans rarely do this intentionally but sometimes will shake after an intense experience.]

[Give them a demonstration of what shaking looks like]

After we're done shaking we'll go into the breathwork portion.

First thing I'll show you is the breathing mechanic we'll be using today and I want you all to do this with me to get a sense of it.

[Demonstrate an example for each element here and ask them to breathe along with you]

Place one hand on your belly and another on your chest. Now begin to take deep breaths through your nose into your belly. As you breathe only the hand on your belly should move, the hand on your chest should not move at all. And as you continue to do this try to maximize the breath into the belly, really fill it up as much as you can and get a feel of what that's like. Now on your next breath fill your belly all the way and once your belly is completely full breathe all the way into the chest as well. Now keep that rhythm going, fill your belly first and then your chest. Great! This way of breathing is known as our EARTH breath. Earth is just a super slow and deep breath all the way in and slowly out.

From there we'll go into our WATER breath. It's really simple, the only thing that changes is the tempo. So with the WATER breath this is the tempo you'll be breathing to "In-2-out-2-in-2-out-2" Let's all try that together now "In-2-out-2-in-2-out-2" I might also say "belly-chest-ex-hale"

From WATER we're going to pick up the speed and transition into AIR breath. The tempo for air breathing is like this "In-out-In-out" Let's try that together now.



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After AIR breath we'll go into FIRE breath. In this breath I invite you to all breathe as fast as you can and really push yourself, it looks a little bit like this *breath of fire example* Let's try that all together now.

If you are familiar with pranayama you can do the breath of fire here otherwise just go as fast as you can for about 30 seconds.

After FIRE breath we'll go into a breath hold where we'll hold our breath for about 10-15 seconds in which afterwards we'll go into our BUZZ breath.

To do the buzz breath all you have to do is hum as your exhale through the nose like this *buzz breath example* Let's all try that together. Let's take a deep breath together now.

That would encompass one round. We start with EARTH work our way into WATER, AIR, FIRE, breath HOLD, then finish off with BUZZ breath.

Are there any questions?

We'll be doing a few rounds of this and you'll notice the sensations begin to build on top of each other with each round.

[3. What you may experience]

So now let's talk about what to expect from this experience.

- a. Temperature -Change in temperature from hot to cold or vice versa throughout the experience
- b. Auditory -Auditory changes with their hearing (sound like you are underwater, or sensitive)
- c. Visions -Spontaneous Visualizations - dreamlike images, visions, colours, light flashes etc.
- d. Tingling - Sensations or numbness throughout the body (hands, feet, face, mouth etc.)
- e. Buzzing, shaking or vibrating throughout the body
- f. Weight -Feel like you are floating or extreme heaviness in the body
- g. Emotions - These may come up, some that feel good, some that are challenging, allow them to come up and release them if you need to (cry, laugh, scream).
- h. Anxiety -Feelings of anxiety or panic. For some who have a history of anxiety or panic attacks they may feel a similar feeling that reminds them of a past experience. It is good to let them know they are in full control of this as they are doing the breathing and not vice versa.
- i. MOST IMPORTANT -You may experience **tetany** (t-rex or lobster hands) don't panic, it's normal and a sign you are breathing intensely. It feels as though your hands lock up and you have no control over them. (See Appendix B for more information)

Now remember, you're in complete control of this whole experience so if at any time you feel it's overwhelming all you have to do is slow down your breath and the sensations will settle.



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APPENDIX B - Timeline Weaving Meditations

Future Self Meditation Script

E — Emotion / Gratitude Activation

- “To begin, bring to mind a moment in your life when you felt a deep, heartfelt sense of gratitude.
- It could be the birth of a child, a close friend, something you accomplished, a moment in nature, or even a beloved pet — whatever arises naturally.
- See it clearly in your mind, as if it’s happening right now.
Who is there? What colors, scents, and details do you notice?
- Focus on the *feeling* of gratitude. Where do you feel it in your body?
- Bring that feeling into the center of your chest.
- Take a slow, deep breath, inhaling gratitude through your heart center.
- Let it expand through your entire body, filling every cell with warmth and appreciation.
- Take a few breaths here, fully anchored into this state.”

P — Perspective (Future Self Embodiment)

- “From this heart-centered state, imagine stepping forward in time — maybe a year or so into the future.
- Visualize your *future self* as if this shift has already happened.
- How do you feel in this version of yourself?
- Free of stress, energized, supported, loved, vibrant, and full of life?
- Don’t worry about how you got there — just *step into the feeling of already being there*.
- Feel into your relationships: the trust, support, and love you’ve cultivated. See the faces of the people around you — old friends and new — and sense how it feels to be connected in this way.
- Feel into your physical body: well-rested, strong, nourished, alive, waking up each day vibrant and excited for life.
- Bring your awareness to your wealth and abundance: feeling at peace with money, able to give and receive freely, grateful for what’s already present and open to what’s flowing in.
- Take a deep breath and really *embody* this future self — as if it’s happening now.”

I — Introspection (What Needs to Shift)

- “Now, from this empowered future state, gently reflect:
- What would need to change for this vision to become your reality?
- What’s different between how you feel in this future version and how you often feel now?
- What habits, patterns, or ways of being might need to shift?
- Imagine different areas of your life — relationships, health, mindset, work, daily rhythms — and notice what would look and *feel* different.
- Allow this awareness to arise naturally, without judgment.”

C — Contemplation (Bridging Insight to Action)

- “Now bring your attention back to the present moment.
- Ask yourself: *What is one small change or action I can take today, or this week, to move toward this vision?*
- What is something simple, tangible, or meaningful that would create momentum?
- Also notice: *What might be holding me back from where I am now to where I’m going?*
- It could be a belief, a fear, a pattern, or simply a lack of clarity.



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- Acknowledge it with honesty and compassion — not as a barrier, but as something to integrate and move through.”

Optional Closing — Self-Compassion & Gratitude

“Place a hand over your heart.

Thank yourself for showing up fully — for exploring both where you are and where you’re headed. Breathe in gratitude for this future you that already exists within you, and gratitude for the courage to take the next step.

Let this feeling settle into your body before slowly bringing your awareness back to the room.”



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Presence and Awareness - Shifting in the Now (Present Moment)

E - Emotion - Gratitude

- Think of or recall a moment in your life when you experienced an immense amount of gratitude.
- Maybe the birth of a child, a good friend, something you accomplished, some time in nature, a pet whatever comes to mind.
- Visualize it as if it is happening right now. Who is there? What are the colours, scents, imagery you see?
- Focus on the feeling. What does gratitude feel like in your body?
- Once you feel it, bring that feeling up to the center of your chest. Feel it.
- Next breath take a deep breath and inhale as if you are breathing in gratitude through the center of your chest.
- Allow the feeling to expand to every cell of your body.

P – Perspective

- Now I invite you to gently bring to mind a current experience or interaction that brought up a strong emotion, maybe a challenge or fear...
- Just allow yourself to sit with this experience. To fully feel it. Bring your awareness to the feeling that is arising.
- Can you name the emotion you are feeling? Where do you feel it in your body?
- *Where do you notice it most — in your thoughts, in your body, in your emotions?*
- *What might this feeling, pattern, or struggle be here to show you in this moment?*

I – Introspection

- *What do you notice about how you are relating to this experience right now? What meaning are you giving to it about you, or someone else, or the world?*
- *Have you had this feeling before or in any other areas of your life? Is there a pattern trying to reveal itself?*
- *Have any beliefs or stories about yourself, others, or the world been shaped by moments like this?*
- *Do these beliefs feel true to you in this moment? Can you know with 100% certainty that it is true?*
- *Is this a pattern in your life? Have you felt this in other experiences or situations?*

C – Contemplation - Opening to Possibility

- *If you could shift this experience, how would you want it to be instead?*
- *What would it feel like in your body if this new way were already true?*
- *Imagine breathing into that possibility — seeing it, feeling it, allowing it to take form.*
- *What is one small step or change you can choose today, or this week, to move toward that vision? Set a boundary, do something different, speak up etc.*

Closing – Compassion & Gratitude

Slowly bring your awareness back to your heart, set an intention to show up differently if it resonates with you. Have compassion to yourself for what you experienced or felt in the past.



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APPENDIX C - Sample Class Registration Email Template

Please use it as a template only and adjust as you see necessary.

Hi FIRST NAME,

Thank you for registering for our upcoming Elemental Rhythm Breathwork class. In this email we will share some info to help you get prepared for class:

The class will be taking place (ENTER ADDRESS) starting at (ENTER TIME) please arrive at least 15 minutes early to check in and find your spot.

(Choose a description below depending on which class you are facilitating)

The Elemental Rhythm Breakthrough Experience (Yang / Upregulated Experience)

This breathwork experience combines movement (shaking), rounds of guided breathing set to a cadence of the music to energize the body, mind and soul. It involves rhythmic breathing and specifically designed breath holds and exhalations to shift one's physical, mental and emotional state.

Rhythmic breathing has been scientifically shown to change one's brainwave states from beta to alpha and even theta. (Among many other incredible outcomes) In this brainwave state the brain activity changes and allows the participant to go into a deeper state of meditation.

Once the breather has reached this pinnacle we introduce a very specific and intentional guided meditation that has been shown time and time again to help participants experience deep gratitude, opening their hearts through this high vibrational energy and connecting deeply with themselves.

This can be a very profound (possibly intense) transformative experience for many participants. Many people have even described it as one of the most profound experiences of their lives.

OR

The Elemental Flow Experience (Yin/Downregulation)

This breathwork experience combines some gentle movement and stretching, breathing rounds with extended exhalations, and a guided meditation to bring the student into a state of deep relaxation and contemplation.



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What to bring: (depending on the space and what you will be providing)

- Yoga mat
- Pillow
- Eyemask
- Water Bottle
- Journal and Pen
- Blanket

Link to waiver Form: Enter your waiver link here or attach to email if they want to print out.

Contraindications - Link to website <https://www.elementalrhythm.com/is-breathwork-safe/>

If you have any questions please feel free to respond to this email we are really excited to have you as part of this experience.

With Gratitude

Your name here



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APPENDIX D - Elemental Rhythmic Breathing Cycles

Changing breathing speeds in structured rounds — combined with rhythmic music and strategic breath holds — can powerfully guide people into **altered states** and **breakthrough experiences**.

The theory behind it you can think of it like “**neural confusion**” — similar to “muscle confusion” in fitness programs like P90X. By constantly changing the rhythm, the nervous system never fully adapts, which leads to deeper physiological and psychological effects.

Below are three key mechanisms behind this approach:

1. Breathing Cycles

Alternating between **faster, energizing breaths** (activating the sympathetic system) and **slower, calming breaths** (activating the parasympathetic system) acts like interval training for the nervous system.

- Fast breathing increases alertness and energy — a controlled “stress response.”
- Slow breathing activates the vagus nerve, promoting calm, regulation, and emotional balance.
- Switching between these states **builds flexibility** and prevents the system from plateauing, just like changing workouts keeps muscles growing.
- Also building up in rounds allows for titration toward the state shift.

Why it works better than static breathing:

Consistent slow breathing is beneficial — it reduces stress and improves mood — but **varying rhythms goes further**, improving nervous system adaptability, emotional regulation, and cognitive flexibility.

Ease of entry:

Starting with gentle, calming rounds helps people settle in, then gradually increasing intensity deepens the state without overwhelm. This titration is similar to how **cyclic sighing** has been shown to outperform mindfulness alone for lowering arousal and boosting mood.

2. Breath Holds — Threshold Moments for Integration

Each round ends with a **breath hold**, which acts like a “reset point” for the body and brain.

- Fast breathing builds internal pressure and sympathetic charge.
- The hold disrupts CO₂ balance briefly, creating a mild altered state.



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- As the body rebounds, a wave of calm (parasympathetic activation) follows — often experienced as euphoria or emotional release.

Why it's powerful:

Holds deepen the emotional and physiological impact of each round. They give the nervous system time to **integrate** the previous rhythm before moving on — like rest intervals in HIIT training that make peak moments more effective.

3. Music Entrainment

Breathing in sync with **rhythmic music** amplifies everything.

- External rhythms guide internal rhythms — a process called **entrainment**.
- This synchronizes brainwaves, shifting from alert beta states into relaxed alpha or meditative theta states.
- Faster tempos support upregulation, slower tempos support downregulation, creating a natural emotional arc.

Why it works better than breath alone:

Music helps align breath, heart rate, and brainwaves more quickly, leading to deeper immersion, emotional processing, and even mystical-type experiences. The rhythm of the music and breathing helps participants lock in and not get lost in their own patterns.

Ease of entry:

Starting with slower tempos gently brings the brain into rhythm without force, building trust and relaxation before more intense rounds.

Why This Approach Stands Out

Just like **muscle confusion** keeps the body growing, **rhythmic variability** keeps the nervous system responsive. It prevents plateauing, deepens emotional integration, and creates more reliable access to altered states than static breathing alone.

This is the foundation of what you could call “**Elemental Rhythmic Breathing Cycles**” — a dynamic, science-informed method that blends nervous system titration, threshold moments, and musical entrainment into one transformative experience.

In addition to our flagship Breakthrough Experience we have developed 4 total Cycling Sequences you can experiment with and share as a facilitator they are broken down for you below:



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BREATHING CYCLES OVERVIEW

GENERAL OVERVIEW:

- **Coherence** → Synchronize (nose inhale / nose exhale)
- **Flow** → Settle (nose inhale / mouth exhale)
- **Breakthrough** → Transform (nose inhale / mouth exhale)
- **Catalyst** → **Activate (mouth breathing only)**

All Elemental Rhythm Cycles follow a shared macro-structure while serving different nervous system intentions.

Structure (All Cycles)

- **4–7 breathing rounds**
- **~20–40 minutes total**
- Each round includes:
 - A defined breath pattern (or progression)
 - A **cycle-specific integration or hold**
- Trauma-informed principles are applied across all cycles:
 - Choice over performance
 - Titration over intensity
 - Pendulation between activation and safety
 - Clear pathways back to regulation
- All of these cycles will serve different situations helping to shift their state and prepare them for the E.P.I.C. Visualization and Integration.
- Post meditation we use calming reduced breathing to ground and integrate the experience through the visualization and integration sections until the closing circle.

Pre Breathwork Activation:

Coherence and Flow - Body movement is more of a flowy movement and stretch feeling somatically into the body.

Breakthrough and Catalyst - Active shaking and release movement

1. COHERENCE CYCLES

Coherence Cycles are designed to synchronize the breath, heart, and nervous system through steady, rhythmic breathing. Using an even inhale and exhale, these cycles create internal stability and clarity without activating emotional intensity. Gentle toning followed by brief stillness at the end of each round allows the nervous system to integrate and settle, making Coherence Cycles an ideal daily practice and the grounding foundation of the Elemental Rhythm system.



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Contraindications & Modifications

General Safety

- Low-risk and broadly accessible
- Suitable for beginners and experienced practitioners
- No forced breathing or tolerance-based holds

When to Modify

- **Anxiety or breath sensitivity**
 - Shorten rounds (3–5 minutes)
 - Make toning optional or silent
- **Tinnitus or sound sensitivity**
 - Remove toning; rest in silence
- **Early trauma work**
 - Keep stillness brief (10–15 seconds)
 - Emphasize orientation and choice

Key Facilitation Rule

- Stillness must feel restful, not effortful
- If agitation arises, transition gently into Earth breath

Cycle Selection Guidance

Choose Coherence Cycles when participants:

- Feel scattered, overstimulated, or dysregulated
- Want clarity without emotional activation
- Are new to breathwork
- Need grounding or a reset

Use Coherence Cycles:

- As a standalone daily practice
- At the beginning or end of longer sessions
- Between more activating cycles

Transition Guidance

- Round 1 Earth Inhale 4 Beats Exhale 4 Beats
- Round 2 Onward Coherence Inhale 8 Beats Exhale 8 Beats
- If struggle to keep up with Coherence they can move back to Earth at any time
- Faster song selections will make it a bit easier as there will be more breaths per minute
- Recommended at 80-96 BPM to get into 5-6 breaths per minute

Finalized Point-Form — Coherence Cycles

- Balanced and stabilizing



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- Even inhale / even exhale (e.g., 8 in / 8 out)
- ~5.5–6 breaths per minute
- Consistent breath pattern throughout each round
- 4–7 rounds (≈20–30 minutes total)
- Gentle tone on a natural exhale at the end of each round
- Followed by very soft, passive stillness
- Supports autonomic regulation and HRV coherence
- Encourages safety, clarity, and presence
- Anchors the Elemental Rhythm ecosystem

Coherence Cycles establish rhythm and stability, creating the foundation for all other Elemental Rhythm experiences.

2. FLOW CYCLES

Flow Cycles are designed to downregulate the nervous system through smooth, continuous breathing that emphasizes longer exhales. Each round begins with grounding Earth Breath and gradually transitions into deeper parasympathetic activation through the Ether Breath. Gentle exhale holds at the end of each round allow the breath to fully settle, supporting emotional integration, recovery, and nervous system restoration.

Contraindications & Modifications (Facilitator Notes)

General Safety

- Low-risk and widely accessible
- Suitable for most nervous systems
- No activating or compressive breathing

When to Modify

- **Low energy or fatigue**
 - Shorten exhale slightly
- **Dissociation or numbness**
 - Encourage sensory awareness and orientation
- **Emotional vulnerability**
 - Keep holds soft and optional

Key Facilitation Rule

- Flow should feel settling, not suppressive
- If air hunger appears, reduce or remove the hold

Cycle Selection Guidance

Choose Flow Cycles when participants:

- Feel anxious, overstimulated, or depleted



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- Need integration after intensity
- Want rest without emotional processing

Use Flow Cycles:

- After Breakthrough or Catalyst Cycles
- As evening or recovery practices

Transition Guidance

- Earth Inhale 4 Beats Exhale 4 Beats Until 3 Minutes remain in track
- Ether Inhale 4 Beats Exhale 8 Beats Until 1 Minutes remain in track
- End with Gentle Hold (not max) until first urge to breath then transition back to Earth breath into next round

Summary— Flow Cycles

- Downregulating and soothing
- Each round split into two phases:
 - **Earth Breath:** In 4 / Out 4 (first half)
 - **Ether Breath:** In 4 / Out 8 (second half)
- Smooth, continuous breathing
- 4–7 rounds (≈20–30 minutes total)
- Gentle exhale hold (~30 seconds) at the end of each round
- Encourages parasympathetic dominance
- Supports emotional and physiological integration
- Restorative without being passive

Flow Cycles calm the nervous system and support deep integration through gentle, downregulating breath.

3. BREAKTHROUGH CYCLES

Description - Breakthrough Cycles are Elemental Rhythm's flagship transformational experience. Each round gently titrates the nervous system through a sequence of elemental breath patterns—Earth, Water, Air, and Fire + Inhale Hold and Release with Tone or Buzz Breath—before returning to regulation. This pendulation between activation and safety supports emotional release, insight, and pattern interruption without overwhelming the system.

Contraindications & Modifications (Facilitator Notes)

General Safety

- Highly activating and emotionally potent
- Best facilitated by trained practitioners
- Requires strong orientation and consent

When to Modify



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- **Trauma sensitivity**
 - Spend more time in Earth breath
 - Reduce Fire duration
- **Overwhelm**
 - Skip Fire and return to regulation
- **First-time participants**
 - Emphasize choice and pacing

Key Facilitation Rule

- Activation must always be followed by regulation
- Insight emerges through pendulation, not force

Cycle Selection Guidance

Choose Breakthrough Cycles when participants:

- Feel stuck in emotional or behavioral patterns
- Are ready for deep insight and release
- Have established nervous system capacity

Use Breakthrough Cycles:

- As standalone transformational sessions
- After adequate preparation and grounding

Transition Guidance

- Earth Inhale 4 Beats Exhale 4 Beats Until Transition is flexible into water. Longer or higher temp songs you may want to remain on Earth breath a bit longer.
- Water Inhale 2 Beats Exhale 2 Beats Until 3 Minutes remain in track
- Air Inhale 1 Beat Exhale 1 Beat 1 Until 1:30 Minutes remain in track
- Fire Rapid Exhale / Passive Inhale Until 1 Minute remain in track
- End with Hold on Inhale at 1 minute mark for 15-20 seconds Exhale with Buzz Breath

Summary — Breakthrough Cycles

- Transformational and upregulating
- Each round follows a titrated elemental sequence:
 - **Earth:** In 4 / Out 4
 - **Water:** In 2 / Out 2
 - **Air:** In 1 / Out 1
 - **Fire:** Rapid continuous breathing
- Pendulates activation and safety
- 4–7 rounds (≈20–30 minutes total)
- End-of-round integration:
 - Inhale hold (~15–30 seconds)
 - Followed by Brahmari (buzz breath)
 - Return to Earth breath



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- Supports emotional release, insight, and re-patterning

Breakthrough Cycles use rhythmic titration and pendulation to support deep emotional release and transformation.

4. CATALYST CYCLES

Catalyst Cycles are the most activating experience within the Elemental Rhythm system. Using fast-paced, conscious connected **mouth breathing only**, these cycles rapidly build energy, focus, and internal charge. Structured breath patterns that increase in pace mobilize the nervous system without emotional catharsis, while extended holds on empty lungs at the end of each round create compression and intensity. Catalyst Cycles are designed to generate momentum and readiness, often serving as a powerful bridge into Breakthrough work or decisive action.

Contraindications & Modifications

General Safety

- **Highly activating**
- Mouth breathing only (intentionally increases stimulation)
- Best suited for participants with prior breathwork experience
- Clear framing, consent, and orientation are essential

When to Modify or Avoid

- **Anxiety, panic history, or breath sensitivity**
 - Shorten rounds
 - Reduce pace
 - Remove or significantly shorten holds
- **Cardiovascular considerations**
 - Avoid extended empty-lung holds
 - Decrease activation intensity
- **Early trauma work or dissociation**
 - Generally not recommended
 - If used, keep rounds short and closely monitored

Key Facilitation Rule

- Catalyst is about **mobilization**, not endurance
- Activation should feel *directed and contained*, not chaotic
- Always offer a clear pathway back to regulation (Flow or Coherence)

Cycle Selection Guidance

Choose Catalyst Cycles when participants:

- Feel flat, stagnant, or under-activated
- Want energy, drive, or focus



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- Are preparing for Breakthrough Cycles
- Need momentum rather than emotional processing

Avoid Catalyst Cycles when participants:

- Are already highly anxious or overstimulated
- Are new to breathwork
- Need regulation, rest, or integration

Use Catalyst Cycles:

- When decisive action or energetic mobilization is the goal, also great for deep journeys with experienced breathers.
- With clear intention and integration afterward

Transition Guidance

- Earth Inhale 2 Beats 2nd Inhale 2 beats Exhale 4 Beats Until 3 Min Remaining in track
- Water Inhale 1 Beat 2nd Inhale 1 Beat Exhale 2 Beats Until 1 Minutes remain in track (fire is optional at 1:30)
- End with Hold on Empty Lungs (max hold)
- Leave silent track with some space in between next track. (optional)
-

Summary — Catalyst Cycles

- **Most activating Elemental Rhythm cycle**
- Conscious connected **mouth breathing only**
- Each round split 50/50:
 - **Phase 1:** In 2 / In 2 / Out 4
 - **Phase 2:** In 1 / In 1 / Out 2 (increased pace)
- Clear escalation of intensity within each round
- 4–7 rounds (≈20–30 minutes total)
- Extended hold on empty lungs at the end of each round
- Builds charge, focus, and internal momentum
- Requires strong facilitation and post-cycle regulation

Catalyst Cycles use fast, mouth-breathing activation to build energy and momentum, preparing the nervous system for decisive action or deep transformation.



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APPENDIX E - Breathwork Integration Reflection Worksheet for Facilitators

Take a few minutes after your session to reflect. Use these guiding prompts to explore your experience and carry it into everyday life.

1. What came up for me during today's session?

- Did I notice any strong emotions, physical sensations, or memories?
- Were there moments where I felt resistance or release?
- What felt most meaningful or surprising?

2. What is one key message or insight I received?

- Did a thought, word, or image repeat itself?
- Was there something my body or breath seemed to be teaching me?
- If I could sum it up in a sentence, what would it be?

3. How does this insight relate to my life right now?

- Where in my daily life do I see this pattern, emotion, or lesson showing up?
- How might it connect to my relationships, habits, or goals?
- What feels most relevant to pay attention to at this time?

4. What is one small action I can take this week to honor what I experienced?

- Is there a simple step I can take today to integrate this insight?
- How could I remind myself of this lesson during the week?
- What would support me in moving forward with compassion and consistency?



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APPENDIX F - Creative Vision Process for Elemental Rhythm Breathwork Facilitators

1. Your Vision & Purpose

Why it matters: Your deeper “why” becomes the guiding breath in every session you lead. A clear vision anchors your energy and sets the tone for your impact.

Reflection Prompts:

- Why did you decide to lead breathwork and help others? What is your intention (how will you show up)?
- What do you feel called to awaken in others through this work?
- What does a fully expressed version of your breathwork path look and feel like?

Quotes:

“When you do things from your soul, you feel a river moving in you, a joy.” — Rumi

“Leadership is the capacity to translate vision into reality.” — Warren Bennis

Integration Check-In:

- How do these reflections feel in your body?
 - What does this vision *look like* in the real world?
 - Where do you feel resistance, fear, or uncertainty about stepping into this?
-

2. Your Ideal Clients & Community

Why it matters: Breathwork is a relational art. The more clearly you feel who you're meant to serve, the more magnetic your work becomes.

Reflection Prompts:

- Who lights you up to serve?
- What transformation are they craving—and how does breathwork help deliver it?
- How does it feel when you're working with your *right people*?

Quotes:

“What you seek is seeking you.” — Rumi

“People don't buy what you do; they buy why you do it.” — Simon Sinek

Integration Check-In:

- What does your ideal community *feel* like?
 - What do clients say about you after a session?
 - Where do you feel unsure or blocked in connecting with your people?
-

3. Sharing Your Message & Soul Work

Why it matters: Sharing your work isn't about marketing—it's about expression, resonance, and service. Let your voice reflect the medicine you carry.

Reflection Prompts:

- What parts of your story are most powerful to share?
- How do you want people to feel when they discover your work?
- What platforms or ways of sharing feel most natural to you?



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Quotes:

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself.” — Rumi

“Marketing is no longer about the stuff you make, but about the stories you tell.” — Seth Godin

Integration Check-In:

- How do you feel when you talk about your breathwork?
 - What’s your unique energetic signature in how you share?
 - Where do you feel hesitation or discomfort in visibility?
-

4. Abundance & Sustainable Flow

Why it matters: The breath gives and receives—so should your work. Embodying abundance allows you to serve from a place of grounded overflow.

Reflection Prompts:

- What does aligned abundance look like for you?
- What sessions, packages, or formats feel best to offer?
- How does money feel when it flows into your life through this work?

Quotes:

“You are not a drop in the ocean. You are the entire ocean in a drop.” — Rumi

“You can’t pour from an empty cup.” — Unknown

Integration Check-In:

- How do you feel when thinking about charging for your work?
 - What does financial ease look and feel like for you?
 - Where do limiting beliefs show up around receiving?
-

5. Support Circle & Co-Creation

Why it matters: Even as a space holder, *you* need a circle of support. Collaboration multiplies energy, healing, and possibility.

Reflection Prompts:

- Who do you feel energized collaborating with?
- What kind of support do you need to grow sustainably?
- What qualities matter most in those you work with?

Quotes:

“If you want to go fast, go alone. If you want to go far, go together.” — African Proverb

“Surround yourself with people who remind you more of your future than your past.” — Dan Sullivan

Integration Check-In:

- What does your ideal support system look like?
 - How does collaboration feel for you—safe, exciting, overwhelming?
 - Where have you felt unsupported or misaligned in the past?
-

6. Workflow & Energy Flow



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Why it matters: Your energy is sacred. Systems and boundaries protect your ability to serve with depth and presence.

Reflection Prompts:

- What parts of your practice feel draining or chaotic?
- Where can you bring more ease, automation, or structure?
- How do you protect your energy before and after sessions?

Quotes:

“As you start to walk on the way, the way appears.” — Rumi

“Discipline is choosing between what you want now and what you want most.” — Abraham Lincoln

Integration Check-In:

- What needs to shift to protect your energy daily?
 - What would “easeful flow” look like in your facilitation practice?
 - Where are you overextending yourself?
-

7. Sacred Work Environment

Why it matters: Your environment shapes your energy and presence. The space you create—inside and outside—impacts every breath you guide.

Reflection Prompts:

- What kind of physical space makes you feel deeply grounded?
- Do you thrive in structure or intuitive flow—or both?
- What rituals or setup practices support your sacred container?

Quotes:

“The quieter you become, the more you are able to hear.” — Ram Dass

“Your environment will eat your goals for breakfast.” — Steve Pavlina

Integration Check-In:

- What does your dream facilitation space look and feel like?
 - How do others describe your space or energy?
 - Where are you tolerating a misaligned space?
-

8. Expansion: Events, Retreats, Travel & Experiences

Why it matters: Breathwork is experiential and expansive. What you create is part of your soul's evolution—and the collective's.

Reflection Prompts:

- What retreats, events, or workshops do you dream of creating?
- How does travel or location flexibility inspire you?
- What would your “signature experience” look like?

Quotes:

“Don't shrink your dreams. Super-size your courage and abilities.” — Robin Sharma

“When you let go of who you are, you become who you might be.” — Lao Tzu

Integration Check-In:

- What new offerings excite you right now?



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- What collaborations or locations are calling you?
 - Where do you hold back from expanding?
-

9. Mentors, Guides, & Uplifting Support

Why it matters: You are both student and teacher. Mentorship accelerates your evolution and keeps your energy clean and aligned.

Reflection Prompts:

- Who inspires you to rise into your next level?
- Where do you currently receive reflection and accountability?
- What kind of guidance feels supportive and aligned?

Quotes:

“The teacher appears when the student is ready.” — Buddhist Proverb

“A coach is someone who can give correction without causing resentment.” — John Wooden

Integration Check-In:

- How supported do you feel on your path right now?
 - Who would be a dream mentor or support figure?
 - Where are you trying to “do it all yourself”?
-

10. Partnerships, Collaboration & Community Building

Why it matters: Real impact grows through intentional relationships. Shared values create exponential healing and reach.

Reflection Prompts:

- Who would be a dream collaborator for you?
- What would a 10/10 partnership feel like?
- How can you co-create value with others in the Elemental community?

Quotes:

“Alone we can do so little; together we can do so much.” — Helen Keller

“Business opportunities are like buses—there’s always another one coming.” — Richard Branson

Integration Check-In:

- How do your past collaborations make you feel?
 - What do you need to feel safe in partnership?
 - What type of collaborations light you up?
-

11. Your Role & How You Spend Your Time

Why it matters: Time is your sacred currency. Aligning your days with your joy and impact ensures your energy stays abundant.

Reflection Prompts:

- What are your favorite ways to spend time in your work?
- What drains you that you want to delegate or release?
- If your week were fully aligned—what would it look like?

Quotes:



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“The way you do anything is the way you do everything.” — Zen Saying

“Your time is limited, so don’t waste it living someone else’s life.” — Steve Jobs

Integration Check-In:

- What does a dream day in your practice look like?
 - How do you feel at the end of your current workday?
 - Where do you feel stretched or out of alignment with your time?
-

12. Continued Growth — Personally & Professionally

Why it matters: Your evolution is the pulse of your facilitation. The more you grow, the more your work deepens, expands, and transforms lives—starting with your own.

Reflection Prompts:

- What version of you are you currently becoming?
- What emotional, spiritual, or physical practices help you stay grounded and growing?
- What new skills, certifications, or mentorships are calling to you?
- Where are you being invited to expand your comfort zone?

Quotes:

“You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness.” — Rumi

“We cannot become what we want by remaining what we are.” — Max De Pree

Integration Check-In:

- What does your personal growth edge feel like right now?
- Where are you already transforming?
- What’s one bold growth move you could commit to this year?

Your Letter to Yourself from the Future

Why it matters: Writing from the perspective of your future self allows you to embody belief, direction, and energetic alignment. You’ll shift from “hoping” to **feeling it as already done**.

Opening Prompt:

__“Dear [Your Name],

This past year has been transformational. I’m so proud of you for showing up with heart, courage, and devotion. Everything that unfolded began with your willingness to trust the process...”__

Keep writing in this style diving deeper into each of the 12 sections below. We have provided some deeper questions for reflection but feel free to go any direction that feels good this is your vision!

1. Vision & Purpose

Reflect on how your purpose became clearer and your work deeper.

- What have you realized about your calling as a facilitator?
 - How does it feel now to live in alignment with your soul’s work?
-

2. Ideal Clients & Community



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Celebrate the amazing people you now work with and the community that's formed.

- What kinds of people are showing up for your work?
 - How do they speak about the experience and transformation you offer?
-

3. Sharing Your Message & Soul Work -Reflect on how your voice grew stronger and more magnetic.

- What platforms or ways of sharing became most natural for you?
 - How did your message begin to resonate more deeply with others?
-

4. Abundance & Sustainable Flow -Acknowledge the new levels of ease and financial flow you've created.

- Are you earning more, working less, or both? How does this feel?
 - What has this abundance allowed you to do or experience in your life?
-

5. Support Circle & Co-Creation -Describe the support system that now surrounds and uplifts you.

- Who have you started co-creating with? Who is supporting and helping you or have you hired in your business?
 - How has it felt to be deeply supported in your mission?
-

6. Workflow & Energy Flow - Reflect on the rhythm and simplicity you now operate within.

- What habits, systems, or rituals help you stay in flow?
 - How does your energy feel before and after sessions now?
-

7. Sacred Work Environment - Celebrate the sacred space you've cultivated.

- What does your facilitation space look like now?
 - How do people describe the energy of your space or presence?
-

8. Expansion & Experiences -Reflect on the experiences you've created or led—retreats, events, etc.

- What was the most fulfilling event or experience you facilitated this year?
 - How did it stretch or expand you as a leader?
-

9. Mentors, Guides & Support -Give gratitude to those who guided and mirrored your growth.

- Who helped you evolve the most this year?
 - What specific breakthrough did they help you achieve?
-

10. Partnerships & Collaboration -Describe the meaningful partnerships that blossomed.

- What partnership or collaboration exceeded your expectations?
 - What did you create together that you couldn't have done alone?
-

11. Role & Time Management -Celebrate how you now spend your time—aligned, joyful, and present.

- What does your ideal week now look like?
- How do you feel at the end of a workday?



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12. Personal & Professional Growth -Acknowledge your inner transformation and the version of you that emerged.

- What limiting pattern or belief did you release this year?
 - Who have you become, on the inside, that you're most proud of?
-

Closing Prompt Example:

"Thank you for trusting. Thank you for breathing through the doubt. Because of your commitment, I now get to live this reality. And the best part? This is just the beginning..."

Tone Guidelines:

- Let it stretch you slightly—this should feel exciting and a little beyond what you'd currently expect.
 - But keep it *believable*—your nervous system should say: "Whoa... yes. I can see that happening."
 - Use rich, emotional language. Speak to how it feels, not just what you achieved.
-

Example Starter:

"Dear [Your Name],

I can't even begin to tell you how proud I am of the work you've done. You trusted the process. You kept showing up, even on the hard days. And it all paid off.

This past year has been life-changing. Your sessions have become more powerful and intuitive than ever. Clients are finding you with ease—and leaving with breakthroughs that ripple through their lives..." _

(Continue by covering all 12 areas.)