



WHAT IS INTEGRAL BREATH THERAPY TRAINING?

Integral Breath Therapy™ is a powerful energy therapy. It uses the mind body connection to access "the story" and its underlying, unresolved issues. You will learn to use the power of this natural trance state to bring a dynamic awakening to the client. The program teaches a unique integration of techniques using the Breath combined with various methods creating a powerful modality with the ability to expand, explore, release and heal.

WHAT CAN INTEGRAL BREATH THERAPY HELP WITH?

Stress and Anxiety Management, Physical / Emotional Trauma, Birth Issues, Respiratory Problems, Grief and Loss Work, Weight and Body Issues, Somatic Complaints, Addictions Recovery, Depression, Self Esteem, Personal Growth and Relationship Concerns, and more.

ABOUT LEVEL ONE TRAINING ...

This 6-day program is designed for health care professionals seeking personal as well as professional transformation. We teach a unique integration of techniques using the Breath combined with various methods creating a powerful modality with the ability to expand, explore, release and heal. While this training forms the foundation for "**The Integration Process**", each level of training is a complete program with continuation optional.

You will learn ...The importance and benefits of Breath Therapy™; the history of breathwork and its modern applications; to identify "Breathing Patterns" as a diagnostic tool; about the Breath and its relationship to life, death, and disease; to create the space and support for the natural healing process; to identify and facilitate physical/ emotional release; the basics of pre and perinatal birth psychology; to identify chronic holding patterns, "Body Armor"; to integrate imagery, inner child work, movement, etc into individual and group sessions.

Experience directly the physical, emotional, psychological and spiritual benefits of this powerful modality. This mind body therapy will add a new dimension to your practice as a health care provider or educator. Our program has been designed as a residential training in order to create the time, space and opportunity for deep personal renewal. If your vision is to expand your practice and deepen the effectiveness of your relationship with your clients, then join us for the

ABOUT CAROL A. LAMPMAN ...

Carol A. Lampman, ACHt, BTT, a Certified Breathwork Trainer and Advanced Certified Clinical Hypnotherapist with training in Hypno-Behavioral Therapy, Release Therapy, Reichian process work, Integrative, Cathartic and Rebirthing Breathwork and the Hendricks Body Centered Transformation Method. Carol developed the Breath Therapy™ Training and Integration Process Training programs for health care professionals and teaches internationally.



Staff – This training is supported by trained professionals.

Seattle Training - March 29 – April 3, 2012

Investment: \$795 advanced registration. Tuition includes program fee, manual and all program supplies. Additional retreat Fee \$100 includes snacks and lunches.

Where: Lotus Heart Therapy and Wellness, 10516 E. Riverside Dr. Bothell, WA 98011
Contact Program Sponsor – Barbara Barnes at 425.949.7018

Registration: \$295 deposit required. For additional information about the program, call toll free 1-877-491-3355 To register online www.IntegrationConcepts.net