



NOURISHING THE FLAME

A Professional Breathwork Forum

October 29-31, 2010

Oxford, England

"The Nourishing the Flame workshop is a profound opportunity to deepen, challenge and expand one's personal growth and professional expertise. Binnie, Judee, Jeremy and Helaine provide an incredibly well designed weekend of activity and learning that will open your heart and blow your mind." Peter Lique Naitove

The forum has been especially conceived for breathwork practitioners, facilitators and trainers, and is equally suitable for professionals from associated holistic fields wishing to deepen their relationship with breathwork. Join us for this empowering and inspiring continuing education opportunity to support and promote your career.

- Learn powerful and effective tools to integrate into your breathwork practice
- Renew your sense of passion and inspiration
- Deepen your relationship with like-minded colleagues
- Nourish your soul at the deepest level
- Connect with an international network dedicated to the accreditation of breathwork
- Optimize your capacity to thrive professionally

This innovative 3 days forum will be facilitated by expert breathwork trainers Binnie A. Dansby, Judee Gee and Jeremy Youst, who have been at the cutting edge of their profession for over 25 years.

The program curriculum is both informative and experiential, and includes conscious breathing sessions, open forum time, *tried and tested* techniques to add to your tool-box, and case-study supervision with the panel of veterans. Additional nourishment will be found through congenial networking and quality integration time.

"Nourishing the Flame surpassed all of my expectations for a professional development seminar. Instructors Binnie, Jeremy and Judee worked in beautiful harmony to lead our group in the perfect flow of instruction, powerful, energetic processes, sharing, and questions and answers. The powerful learning created in this weekend has left me inspired to take the next step in my breathwork career." Anna Maria

IBTA Mission

The International Breathwork Training Alliance is a consortium of professional breathwork schools, trainers, and practitioners who support and promote the integration of breathwork in the world as an accessible and vital healing modality that facilitates physical, emotional, intellectual and spiritual wellness.

Nourishing the Flame: Program Details

DATES: October 29 - 31, 2010

LOCATION: Eynsham Hall Conference & Training Centre, North Leigh, England
<http://www.eynshamhall.com/>

TIME: Friday 9 am – 7 pm, Saturday 9:30 am - 7 pm, Sunday 9:30 am – 5 pm

Tuition Investment: £325, (£285 for IBTA Practitioner/School Members). **Fee includes tuition, lunch and refreshments.** Accommodations are not included in this price. A certificate for 20 CPD hours (Continuing Professional Development) will be awarded to participants.

How to register: Reserve your space now – attendance is limited. You can register directly at <http://www.breathworkalliance.com> and pay by credit card. If you prefer check payment, please make it payable to: Source Foundation International and send c/o Catherine Gundry, 63 Town Furze, Headington, Oxford OX3 7EW, UK.

If you register by mail, please include your name, and contact information. Check must be received 10 days prior to event. Cancellation and refunds, minus a £50 processing fee can be granted up to 30 days before the event. Within 30 days of the event refunds can be issued in the form of a credit toward a future event.

For more information contact:

Catherine Gundry - tel: 01865 236118 or
Helaine Iris - email: helaine@breathworkalliance.com

Forum Facilitators



Binnie A Dansby began her career in breathwork in 1975 in New York City. She subsequently incorporated a focus on pre- and peri-natal psychology as a foundation for the theory, principles and practice she has developed. Binnie created, and has been teaching, SOURCE Process and Breathwork since 1988 in England, Germany, Denmark and Estonia. Her 3 to 5 year diploma trainings focus on self-discovery and supervised practitioner training. She has also designed and teaches an approach to birth and birth preparation that continues to produce beneficial results for everyone in the family. She is the author of a DVD, Ecstatic Birth, and numerous papers, articles and CD's for inner and outer development.



Judee Gee has been using breathwork as a healing tool since 1981. Following studies in holistic medicine in Sydney in the late 1970's, she trained in a range of metaphysical healing methods in San Francisco. Since 1988, she has been based in France where she co-directs the Integral Consciousness Training, a transpersonal development program leading to therapist and group facilitator certification. Judee also leads workshops on intuition development and breathwork in various locations around the world. She has been president of the International Breathwork Foundation (1998-2001), and member of the IBF Integrity Committee (2004-2006). Author of "Intuition: Awakening your inner guide", Samuel Weiser Inc., 1999.



Jeremy Youst is the founder and director of the Power of Breath Institute located in Spofford, New Hampshire. Since 2001 the POBI has offered private sessions, personal intensives, workshops, and a life-changing nine-month Empowerment Training. POBI is proud to offer an IBTA accredited Practitioner Certification program which focuses on training individuals in therapeutic breathwork as well as professional practice development. Facilitating and teaching breathwork since 1995, Jeremy serves on the IBTA board and is the author of numerous articles on breathwork and personal empowerment. Jeremy also has a life long interest in Native American studies and offers drumming circles, pipe ceremony and an annual vision quest.