BREATHGURU®

Breathguru® Training Programme

Certified Professional
BREATHWORK SCHOOL
Global Professional BREATHWORK ALLIANCE

12-month training
with **Alan Dolan** & **Natalia Blake**

400-hour training: 9 months core training;
3 months professional supervision

MEMBER OF THE IBF NETWORK
ibf INTERNATIONAL BREATHWORK FOUNDATION
www.ibfbreathwork.org

This course and our school are fully accredited by the **GPBA (Global Professional Breathwork Alliance)**.
Breathguru® is also an organisational member of the **IBF (International Breathwork Foundation)**.

6 Key Benefits

When you join our unique mentorship-based breathwork facilitator course

1

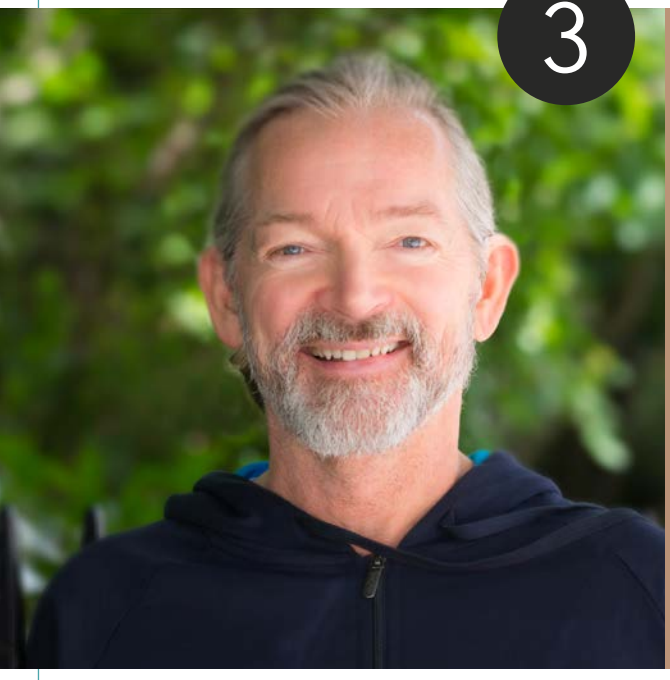
Training groups with 6 pupils max

Having experienced anonymous large group trainings, Alan designed his training with small intakes to honour each participant's journey and needs

2

Two residential modules in Spain

Two 5-day modules in beautiful Spain working closely together to ensure quality outcomes and a high level of capability upon graduation



3

Personalised mentoring from Alan Dolan

WhatsApp access to Alan from Monday to Friday during business hours throughout the 9 months of core training, in addition to:

- Monthly 1:1 mentoring sessions
- Monthly group mentoring sessions (6 pupils max)
- 3 group supervision calls post-graduation

6 Key Benefits

When you join our unique mentorship-based breathwork facilitator course

4

On-the-job training at the London Workshops

Free access to our in-person London workshops led by Alan to experience facilitation in large groups

5

Weekly Online Workshops

Tuesdays from 6.30 pm to 8 pm UK time via Zoom

Learn how to present effectively online with Coach and Breathguru® Graduate Natalia Blake

6

Lifetime access to Breathguru® resources

- Free access to our Breath Superpowers library of themed guided audios
- Access to our free online events led by Alan and Natalia to experience online facilitation in large groups

Core Concepts

The Breathguru® Training Programme is both a personal developmental journey and a professional vocational course which will allow you not only to experience massive personal growth but also to build a career in Breathwork should you so wish

The following core concepts will form the basis of the training:

- Mentorship-based relationship with Alan, focusing on your personal process
- Weekly engagement in group work
- History & variations of breathwork
- Conscious Connected Breathwork technique, body mapping, and the use of sound and movement
- Exploration of individual breath journey through daily 30-minute self-practice
- Exploration of breath patterns/birth types/behavioural patterns
- Facilitator skills: self-care and holding space for oneself FIRST
- Safety and contraindications
- Trauma-informed practice
- Ethical practice
- Developing the skills to effectively and safely run 1:1s and small groups in in-person and online environments
- 30 case studies (in-person and online), case studies review and supervision
- Working with stress/anxiety/ insomnia/depression, etc
- Using your voice as a facilitator
- The power of Affirmations and Prayer
- Grounding & embodiment
- Compassion & heart-opening
- Science of Conscious Connected Breathwork
- Basics of Functional Breathing
- Therapeutic aspects & coaching
- Exploration of both the Dark and Light Shadow
- The power of Intention and Presence
- Manifestation and creativity
- Uncovering your unique essence
- Home studying of 4 set texts
- Experiential learning through assisting/ shadowing at in-person and online Breathguru® workshops
- Initial guidance with setting up client base/promotion
- In-house certification process (after 9 months)
- Getting insurance with your Breathguru® Certification

Meet Your Teachers

Alan Dolan

Alan Dolan, founder of Breathguru®, will be your private mentor throughout this journey, offering guidance, counselling, support, and advice on your breathwork and facilitator journey

When discovering Conscious Connected Breathing some 20 years ago, Alan was amazed by its rapid, tangible and permanent effects. Far from being just another self development modality, Breathwork turned out to be the most powerful tool he had – and has – ever encountered. Ever since, his purpose has been to support as many people as possible to understand and benefit from the power of their own Breath.

Alan has studied with some of the primary teachers in the world of Breath and has hybridised his own unique style of Conscious Connected Breathing. Alan's key message is that "YOU are the guru and your breath is the key".

Natalia Blake

Breathguru® Graduate and Coach Natalia Blake will be your supportive guide during the weekly online training

Natalia is a breathwork facilitator, holistic coach, reiki master, and psychotherapist in training who specialises in online work. She felt aligned with Breathguru® from the moment she met Alan in 2017 and feels passionate about sharing the power of breathwork and the possibilities of having a global impact through online work. In addition to her studies with Alan, Natalia has studied with other major breathwork schools.

Natalia has combined her extensive experience working online as a breathwork facilitator, coach, and energy healer to create a unique and powerful training to equip you with the right tools to offer this healing modality online as part of your work.

"The biggest takeaway from my experience on the training programme was having a greater understanding of myself and my shadow side, understanding how our breathing underpins so much of how we function, and how to hold space for people. Working with and alongside Alan continues to amaze me. The way he is SO patient. The way he ALWAYS has time for my stream of questions. His WISDOM. His INTEGRITY. And his HUMILITY as a non-guru who guides rather than dictates"

Justine Clement

The Training

Two five-day residential modules in Spain begin and end the training

Personal coaching from Alan...

...with time in nature...

...enjoying a vegan menu prepared by our own chef...

...in small groups of max 6 trainees...

"Venturing off for the in-person modules is definitely a highlight, those modules were life changing experiences that I'll forever be grateful for"
Kady Gummerson

Breathguru® Online Training

The weekly online sessions are held in groups of 6 to 18 people and are a space for community building, group breathwork practice, theoretical learning, and ongoing professional support

"The Breathguru® Online Training has surpassed my expectations. The sessions have been super informative, useful, and powerful. I always have felt very supported. I notice how well Natalia prepares us for the online work environment and how well everything is explained in detail (both video and documents)"
Jairo Jorge

"Breathguru® Online Training with Natalia is a game-changer. The comprehensive program covers everything from mastering Zoom to facilitating online sessions, using precise language, and providing essential safety documents. This training has not only expanded my client base but also transformed my confidence in delivering breathwork and other services I had never dreamed of online. Highly recommended!"
Evangeline di Michele

What to expect

- Learn how to hold space for breathwork online safely and successfully
- Break through the online barriers: learn to manage groups, build rapport, and develop your ability to read the group's energy
- Receive feedback on your breathwork pattern
- Get a chance to practice your facilitation skills and receive feedback
- Implement ethical practice and trauma-informed practice in the online environment
- Optional 1:1 online breathwork sessions with Natalia at additional cost

Guest teacher
Richard L. Blake

Breathguru® Graduate Richard L. Blake is a breathwork facilitator and PhD researcher with ten years of experience in the wellness industry. He designed and implemented the largest-ever randomised control trial on Conscious Connected Breathwork in 2024. "The Breath Geek" will share his science and research expertise during the online training. In addition to his studies with Alan, he has also trained with other major breathwork schools, such as Oxygen Advantage, XPT and SOMA Breath.

You will learn:

- Basic Anatomy & Physiology of the respiratory system
- Science of Conscious Connected Breathing
- Fundamentals of Functional Breathing

What Our Graduates Think

"Alan is a master of his craft. I'm very glad I made the decision to train with him and I have experienced different trainings, different modalities within breathwork. I send pretty much everybody to Alan"
Jamie Clements

"The training is just incredible. You're in this lovely small nurtured group, so you don't feel like you're lost in a big group or a big classroom. You're fully supported the whole way through. I just can't thank Alan enough for his mentorship and teaching"
Clare Tompkins

"The training was fun, profound, challenging, and eye-opening in all areas, personal/ professional. I felt supported by Alan's amazing mentoring and expertise and Natalia's encouraging online guidance. I love the connections I made and where I'm going"
Maria di Michele

"Working with Alan was an incredible experience. Through his guidance, I gained a much deeper understanding of my psyche, patterns of behaviour and the light and dark shadows of my personality. He has an innate ability to instil trust and he approaches teaching with a unique warmth and genuine care"
Harsha

"The training exceeded all my expectations. I felt supported, seen, and held in a way I hadn't experienced before in any other training. I feel more whole. Alan's mission to share the healing power of breathwork is moving and inspiring. He's not hands-off or distant but a warm and compassionate teacher"
Hanna Evans

"Finding Alan and Breathguru® was the icing on the cake. It was the missing piece of my triangle of breathwork education. And to me, it's been the most powerful, it really has changed everything for me. I couldn't recommend it enough"
Nix Brook

"The best investment I have ever made in myself ... with Alan's guidance, I entered into a new realm where I could deepen and form a working relationship with my body and my true self. The course's layout is planned beautifully, with lots of practical work ... a life-changing experience"
Attila

Our Next Trainings

September 2026 - September 2027

First Group Call	•	Sept[illegible]r 2, 2026 @ 7 pm UK time
Residential M[illegible]		[illegible] - 6, 2026
Residential		[illegible]5, 2027
3 months Su[illegible]		June 16 - September 15, 2027
Training Completion Date	•	September 15, 2027

SOLD OUT

January 2027 - January 2028

First Group Call	•	January 14, 2027 @ 7 pm UK time
Residential Module 1	•	February 11 - 16, 2027
Residential Module 2	•	October 7 - 12, 2027
3 months Supervision	•	October 13, 2027 - January 12, 2028
Training Completion Date	•	January 13, 2028

Training Fee: £7,500

Includes everything except your flights

Payment Plans

Deposit of **£1,000** to secure your space on the course,
followed by either:

1 payment in full of **£6,175**
(with 5% discount - bringing the total price of the training to £7,175)

3 bi-monthly* payments of **£2,167**
6 monthly** payments of **£1,083**
or 9 monthly** payments of **£722**

Please note the payment in full and all 1st instalments are due 6 weeks prior to the 1st group call.

*the 2nd bi-monthly payment will be due 2 months after the 1st instalment
**the 6 months and 9 months instalment plans will be set up monthly after the 1st instalment

Contact us for more details:
info@breathguru.com • breathguru.com/training

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