

# Breathworks Training Pathway From 2018

Prerequisites > Introductory Training > Development of Skills (any time prior to practice course) > Advanced Training > Application of Skills

At least one year meditation practice

and

Online orientation workshop

and

Support a course

and

Six-day residential training retreat

or

Run a practice course

or

Teacher-led meditation retreat (before accreditation)

and

Six-day residential training retreat

or

Mindful movement non-residential weekend

Two 3-day non-residential training modules

Co-lead a practice course

8-week Breathworks MfH or MfS local course

or

Two 3-day non-residential training modules

10-week Breathworks MfH or MfS online course

or

Breathworks for MBSR/MBCT teachers

or

Breathworks Immersion Retreat

1:1 support from personal mentor throughout training

Please note that students must attend a residential training retreat for either their introductory or advanced training