

Breathwork

Certified Breathwork Instructor (CBI)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$2,800
- " In-person training: 8 days (64h)
- " Live cohort calls: 1 day (4h)
- " Supervised practice: 60h
- " Portfolio + jury: 35h
- " Total: 163h (~20 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Foundational pranayama: nadi shodhana, kapalabhati, bhramari
- " Conscious-connected breathing and similar modern styles
- " Reading breathers in real time and adjusting pace
- " Trauma-informed pacing and clear referral pathways
- " Designing one-on-one breathwork sessions
- " Leading breathwork circles of 10-40 people

Curriculum modules

Module 1 Foundations

Anatomy of breath, autonomic nervous system, scope of practice.

Module 2 Pranayama

Classical practices and their physiological effects.

Module 3 Conscious-connected breathing

Modern styles, contraindications, pacing.

Module 4 One-on-one sessions

Intake, full session arc, integration.

Module 5 Group facilitation

Leading circles, music, holding intensity.

Module 6 Practice & business

Ethics, scope, pricing, supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.