

PNEUMANITY™

# ADVANCED PRACTITIONER COURSE 2025

## COURSE COMPONENTS

- 400-hours training including formal training and fulfilment of course requirements
- Four weekends of online training
- Monthly group Top-Up calls
- Monthly Masterclasses
- Self-study of APC manual and additional content
- Written & Practical assignments
- Required and recommended reading
- Peer support and group meetings

## COURSE ACCREDITATIONS

- Global Professional Breathwork Alliance (GPBA)
- Member of International Breathwork Foundation (IBF)



## ABOUT THE COURSE

The Pneumanity™ Advanced Breathwork Practitioner Training and Certification Program (APC) is an internationally accredited programme designed by a medical doctor to equip Breathwork Practitioners with knowledge and skill to offer the full spectrum of breathwork practices to a wide variety of audiences and to be first responders to a world in crisis.

The course is facilitated and held by the [Threads of Pneumanity™](#), Breathwork Africa's philosophy and methodology that is translated through our pedagogy.

Breath is explored in relation to interconnected systems with a strong focus on understanding the human form in relationships to the principles of nature, ancient systems of healing traditional and cutting-edge research in the field.



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In this course, the full spectrum of breathing practices are taught within the A\_R\_T of breathing framework, with A representing Awareness, R for Regulation and T for Transformation. The understanding that is offered through this framework means that practitioners can apply the techniques safely in the context of their physiological and energetic effect. Practitioners are taught how to apply the vast range of techniques both technically and intuitively to ultimately serve Breath Intelligence.

There is a strong emphasis on being trauma sensitive and healing-inspired and training is geared towards safety and working with the client's needs.

Practitioners are trained how to work in person and online, with individuals and groups. The training is also geared to adapt the facilitation to meet the needs of specific groups.



## THE 7 THREADS OF PNEUMANITY

### SANKOFA

Breath is the thread between remembering and imagining.

### SAFETY

Through our breath, we experience safety, the environment that supports the natural healing process.

### EMBODIMENT

We acknowledge and support the wisdom of the body as an expression of and vehicle for breath.

### WHOLENESS

We relate to our healing from our natural state of wholeness versus from a place of lack or pathology.

### UBUNTU

This universal truth celebrates the interconnectedness of all of life and the breath as embodied Ubuntu.

### CREATIVITY

Conscious breathing transforms an unconscious function into a creative force, supporting our capacity for growth and change.

### THE MYSTERY

Breath is the thread between the known and the unknowable.

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As with the breath, we find fluidity in all aspects of life. Trends and information change particularly as research in this area increases. The 2025 Advanced Practitioner Course will reflect the latest findings and research in this rapidly growing field.

## Insights gained and knowledge acquired

- Experience and understand the full spectrum of breathwork practices that support Breath Intelligence
- To skillfully and safely facilitate a Conscious Connected Breathwork session
- Practical tools for building resilience in daily life
- A toolkit for personal transformation and collective change
- Breathwork as a stand-alone business or as a complementary modality to your existing practice
- Confidently take breathwork into education, health, business, community, sports and more.

Over and above the content-rich course, it provides a space that is held within a strong supportive global and diverse community. Our trainers and facilitators are accessible and work closely with practitioners-in-training during and beyond their formal year of training.



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## What course participants are saying

“

*Breathwork has been an important self-regulating tool at my disposal for some time and it has helped me cope with the various states of dis-ease in which I found myself daily.*

*Since the first time I practiced Breathwork, I have used the various breathing techniques to cope with social stresses, post covid symptoms and burnout. The recognition that the power lies within me, sustains me through the deep bouts of anxiety. Teaching people to tap into their own inner resources in order to cope with the pressures of daily life or past traumas is what I believe Breathwork Africa does.*

*Being empowered to help myself through conscious connected breath has been the greatest gift and knowing that I can in any moment navigate my situation through the use of the various techniques I've learned has been the best thing during moments of overwhelm. It's something I truly believe that everyone should be able to do,*

Ntokozo Langa

“

*What an incredible year and at the same time it feels like the adventure has just begun.*

*Thank you for everything you have given me, thank you for being you, thank you, thank you. My love story with the breath is here to stay and I hope that our paths are going to stay connected for a very long time.*

Celine Fontaine



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## Requirements for certification

The course content is covered over a period of 12 months. However, practical components including case studies and facilitation may be done over a maximum period of 24 months. Certification is only granted when Breathwork Africa is confident that the practitioner is skilfully equipped to facilitate and share the range of breathwork practices taught and has been open to the journey of their personal journey of growth, healing and transformation.

- Documentation of requirements
- Self-study of material provided
- Meeting with other practitioners outside of formal training
- Attendance of minimum six group sessions/workshops (no less than 2 hours per session)
- Facilitation of minimum six group sessions/workshops
- Five documented case studies (at least 4 sessions per case study)
- Forty consecutive days of self-practice for at least 20 minutes a day with journaling
- Reading of all books on required reading list
- Submission of all assignments
- Attendance of at least two workshop/private sessions with another School of Breathwork
- Attendance of monthly Masterclasses
- Ten sessions of being breathed of which at least 4 must be Conscious Connected Breathing sessions
- Community outreach



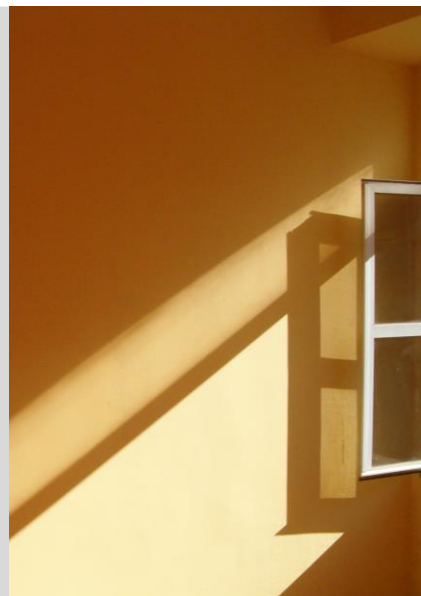
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## Application prerequisites

### Personal attributes:

- Must be over 25 years old.
- An open mind, curiosity, willingness to learn, grow and be challenged.
- An open-hearted vulnerability to show up for yourself and the group in an authentic way.
- A deep commitment to the path of breath and openness to where that takes you.
- A willingness to contribute your unique essence, skills, and interests to the collective whole.
- Engage with peers and trainers in a respectful and trusting manner.



### Pre-course requirements:

- Attendance of the 3-day Breathwork Foundation Course
- A Code of Ethics to be signed.
- Submission of an essay (3-5 pages) covering the following:
  - Why Breathwork?
  - How has the breath changed your life?
  - Why do you want to do the Advanced Course?
  - What do you plan to do with what you have learnt?
  - What has your personal journey entailed?



### COURSE COSTS FOR 2025

- R 51,750 incl. VAT / USD 2,900
- A non-refundable deposit of R 7,760 incl. VAT / USD 460 upon acceptance.

Payment plans are available upon request.

### Includes:

- All course content
- All online training
- Facilitator support
- Online Masterclass group sessions
- Four one-on-one sessions with the Breathwork Africa team
- Access to a global breathing community.

### Excludes:

- Cost of required books.
- Sessions with certified facilitators?.

Please feel free to contact:

Dr Ela Manga at [dr.ela@breathworkafrica.co.za](mailto:dr.ela@breathworkafrica.co.za) or  
Marj Murray at [marj@breathworkafrica.co.za](mailto:marj@breathworkafrica.co.za)

# **ADVANCED PRACTITIONER COURSE 2025**

## **What is covered in the course?**

The curriculum has been specifically crafted on current research. It should be noted that these may be adapted to stay at the cutting edge of science and to keep up with the ever-changing field of breathwork.

- What is Pneumanity™, Breathwork?
- The Parameters of Breath Intelligence
- A\_R\_T Framework (Awareness, Regulation and Breath Transformation - Conscious Connected Breathing)
- Facilitating group CCB sessions
- The Art of Presence
- Working with Diversity – cultural sensitivity, neurodiversity, physical challenges
- The Ethics of Care
- Client-Practitioner Relationship Dynamics
- Trauma-informed Breathwork
- Biomechanics, Biodynamics, and Biochemistry of Breathing
- The Neurobiology of Breath
- Beliefs, Thoughts and Emotions
- Breath and the Neurobiology of Change
- Energy Anatomy
- Practical Applications of Breath in Everyday Life
- Working with communities
- A Breath Inspired workplace
- Breathing for conscious movement
- Breathing with children
- Breathwork for addiction

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## Course Facilitators

### Dr Ela Manga, Founder and Main Facilitator

Ela is an integrative medical doctor and Founder of Breathwork Africa. Her integrative approach to healthcare alongside her unique focus on breathwork has been a catalyst for healing and change across many communities and sectors from business to education. Ela is the author of *Breathe: Strategising Energy in the Age of Burnout* and the recently released *Umoya: The Science and Wonder of Conscious Breathing*.



### Marj Murray, Co-Facilitator

Marj is the Managing Director at Breathwork Africa and certified breathwork practitioner. She has a unique gift of working with young people. Her background in communication and coaching, as well as her own life experience has afforded her deep insight in the human condition. Marj's passion is to equip young people with the ability to experience life fully.



### Audrey Redmond, Co-Facilitator

Audrey is a certified breathwork practitioner and trainer who uses her background in Physiotherapy, Pilates and Somatics to facilitate re-connection through a broad spectrum of breathwork practices. She believes that embodying our breath is the start of our journey to conscious living and utilising life force that offers healing and growth.



### Simon Kehagias, Co-Facilitator

Simon is a certified breathwork practitioner and Partner at Breathwork Africa. While his background as a civil engineer grounds his practical and scientific approach, his relationship and love for nature, photography and personal life experiences brings a special quality of gentleness to his work.

