

PNEUMANITY™

BREATHWORK FOUNDATION COURSE

A Destination Course in the heart of Thailand

BANGKOK, THAILAND | 14 – 16 NOVEMBER 2025



WHY THIS COURSE IS LIKE NO OTHER

A course crafted and refined by a medical doctor.

A merging of indigenous knowledge with cutting edge neuroscience.

Practical tools for daily life ready to use immediately.

Reignites wonder for the intricacies of the human form.

A tool for personal transformation and collective change.

Experience the full spectrum of breathwork practices that support Breath Intelligence

Craft a personal practice and share with family, friends, and colleagues.

As the first step of making breathwork a fulfilling and deeply rewarding career as a profession breathwork practitioner.

ABOUT THE COURSE

This carefully designed 3-day in-person course offers an engaging deep dive into the art and science of breathwork. It unravels the complexities, highlights the therapeutic aspects, and intertwines the connections between science, spirituality, psychology, and health.

Rich in information and inspiring, this course synthesizes the latest developments in the rapidly advancing area of breathwork, ensuring that the concepts are easily understandable and applicable for everyone.

It is grounded in the [Pneumanity](#) philosophy, which represents a comprehensive approach to conscious breathing, drawing inspiration from African Indigenous Wisdom and universal principles.

By its very nature, the course offers the opportunity for a personally transformative journey and can be a powerful catalyst for change.

PNEUMANITY™ BREATHWORK

WHAT ARE THE 7 THREADS?

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.



The 7 threads of Pneumanity are the guiding principles that support the integrity of our work as 'Pneumanitarians', the practitioners and members of the Breathwork Africa Community. They are universal principles of breath and consciousness, many of which are found within the Indigenous Wisdom Traditions of Africa.

These 7 threads are woven through our training both in terms of philosophy and practical application. We commit to breathing and embodying these principles into our own life in order that we may hold them for others.



WHO WOULD FIND THIS COURSE FASCINATING?

- Anyone who would like to add breathwork to their current skillset.
- As the first step to pursuing a career in breathwork.
- Anyone who is seeking the tools for personal growth and change.
- Those who want a solid scientific grounding and deepening of their current practice.
- Those who would like to share breathwork with family, clients, and colleagues.
- Those seeking to connect with a global like-minded community.
- Anyone who is curious.

The course is particularly useful for healthcare practitioners, life coaches, teachers, entrepreneurs, performance artists, parents, athletes, artists, those experiencing a life change crisis or anyone wanting to live with more courage, creativity, and authenticity.

No previous experience required, and it is open to anyone around the globe.



Friday, 14 November, 9am – 4pm
Saturday, 15 November, 9am – 4pm
Sunday, 16 November, 9am – 4pm

Green Room Yoga Studio, Skal Building, 29 Sukhumvit 31, Klongtoey, Bangkok, Thailand

USD 580 per person
(excludes lunches, travel and accommodation)

Bookings and enquiries: simon@breathworkafrica.co.za
Payment plans are available upon request



DAILY SCHEDULE

Friday, 14 November 2025

- 9:00am Welcome & Introductions
- 10:00am History of Breathwork
- 11:00am Interconnected Breath
- 11:30am Breathwork Spectrum
- 1:00pm Nourishment Break
- 2:00pm Breathwork Session
- 3:30pm Q&A and Wrap-up
- 4:00pm End of Day 1

"I am still in awe after our training. It has been truly powerful, and I am a breathwork addicted. Thank you to the compassionate facilitators for their guidance."

Egypt Course – March 2022

Saturday, 15 November 2025

- 9:00am Check-in practice
- 9:30am The Physiology of Breath
- 12:00pm Biochemical Alchemy
- 1:00pm Nourishment Break
- 2:00pm Neurobiology of breath
- 3:30pm Q&A and Wrap-up
- 4:00pm End of Day 2

"Thank you so much for the course this weekend. It was so much more on so many different levels than I ever could have hoped for. The teachers created such a beautiful space."

New York Course – August 2023

Sunday, 16 November 2025

- 9:00am Check-in practice
- 9:30am The Onion and Lotus story
- 11:00am Breathwork session
- 1:00pm Nourishment Break
- 2:00pm Breath Intelligence
- 2:30pm Breathwork in everyday life
- 3:00pm Integration and wrap-up
- 4:00pm End of Day 3

"This weekend has been deeply healing and enlightening. I've been able to connect so many pieces within the holistic essence of my being. I feel empowered. I feel more whole."

Johannesburg Course – September 2023

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

"This weekend has been nothing but magical for me. From the most beautifully open, sacred and safe space that was held by the facilitators; to the eye-opening knowledge, which was shared with us so very generously. Filled with light, love and gratitude, I connected to my own pure energy, abundant truth and to so many meanings in this physical reality including collective healing and the mystery of breath; which has allowed me to connect with a more expansive experience of my birthright of freedom." – Farida

"Thank you for the incredible opportunity to be part of the Breathwork Foundation Course journey this past weekend, words cannot express the honour and gratitude I feel. The only way I know is to share the power of breath and Breathwork Africa with as many people as possible and I know that the path will unfold as it should.

Thank you to the facilitators for pouring your hearts and soul into the work that you do and holding space for us on this journey. It is seen, felt and greatly appreciated." - Ncamie

"Thank you so much for this wonderful foundation course. It was really enjoyable and informative. I really appreciated the amount of work that went into it and took so much more away from it than I expected. The aspects covered were so well thought out and really did provide for an embodied experience that I wasn't quite expecting.

With great appreciation and gratitude." - Claire

YOUR COURSE FACILITATORS

Dr Ela Manga, Founder and Main Facilitator

Ela is committed to sharing breathwork on the African continent and further afield. Her integrated and conscious approach to wellness, alongside her unique focus on breathwork has been a catalyst for healing and change across many communities and sectors from business to education.

She is an integrated medical doctor committed to bringing heart back into the art of medicine. Her background in western medicine, study of wisdom traditions and deep curiosity has informed her unique approach to health and wellbeing.

Ela's second book, *Umoya - The Science and Wonder of Conscious Breathing*, has recently been released. It explores the notion of how to reclaim our right to breathe within the complexities of our current times. In her first book, *BREATHE: Strategising Energy in the Age of Burnout*, Ela discusses her approach to mental, physical, and emotional health through real-life case studies. Ancient wisdom and continuous research support her healing philosophy which is accessible and relevant to all.

Ela is the founder of Breathwork Africa, an organisation which advocates the use of breathwork for transformation on all levels and in all communities.



Celine Fontaine, Support Facilitator

Through her own experience, Celine has seen how breathwork can help heal the fractures that disconnect us from ourselves, others, and the world around us. Her mission is to help clients reconnect with their true selves, discover their purpose, improve their well-being and experience a sense of true belonging through breathwork.

Grounded in her experience and expertise in personal development, Celine brings together the wisdom of the East and the science of the West in her approach to breathwork.



BANGKOK – A CITY OF TIMELESS WONDERS

Bangkok is a vibrant city where tradition meets modernity in a blend of culture, history, and excitement. Known as the "City of Angels," it offers a wide range of experiences for travellers.

Visit the Grand Palace, home to the Emerald Buddha, and Wat Pho with its giant reclining Buddha and Thai massages. Take a boat ride along the Chao Phraya River to explore Thonburi's canals. Enjoy Bangkok's legendary street food from Pad Thai to Satay skewers.

Bangkok promises unforgettable experiences and adventures with its historical landmarks, culinary delights, and energetic streets. Dive into its rhythm to understand why it's a beloved destination worldwide.



THINGS TO DO

These activities offer a great mix of culture, adventure, and culinary delights, providing you with a well-rounded experience of Bangkok.



Explore the Grand Palace and Wat Phra Kaew



Take a Boat Tour on the Chao Phraya River



Experience the Vibrant Street Food Scene



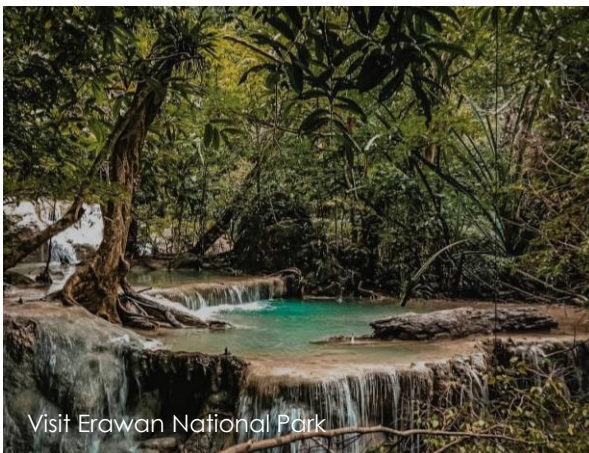
Visit Chatuchak Weekend Market

SIGHTS AND SOUNDS OF BANGKOK

Wat Arun, also known as the Temple of Dawn, is a Buddhist temple located on the west bank of the Chao Phraya River in Bangkok.

It is one of the city's most iconic landmarks and a must-visit for anyone traveling to Bangkok.

The temple is named after the Hindu god Aruna, who is often depicted as the charioteer of the sun.



Bangkok is famous for its delicious Thai cuisine, which is known for its mix of sweet, sour, salty, and spicy flavours.

Visitors can try traditional street food dishes, and fresh local seafood, or dine at high-end restaurants that serve traditional Thai dishes. You can also find several night markets across the city where street food is served as the norm.