

BREATH EXPERIENCE Canada

Vancouver, British Columbia

Breathexperience

A Creative Form of Somatic Education
Developed by Ilse Middendorf
and Juerg Roffler

Offered by
BREATH EXPERIENCE CANADA

Personal Growth & Professional Training Program
Block I, Block II, and Block III

**Program: 3+ YEAR PERSONAL GROWTH &
PROFESSIONAL TRAINING PROGRAM**

3 BLOCK FORMAT

BREATH EXPERIENCE

Breath reflects every aspect of our life, on all levels of being - physical, emotional and spiritual. When we participate consciously in sensing breath without control, we can access resources within. Breath lets us know what is needed to come into balance and maintain health. **Breathexperience** is a unique practice that promotes healing and wellbeing through breath awareness.

For more than 60 years, Professor Ilse Middendorf of Berlin, Germany, developed **Breathexperience**, a somatic work based on the autonomic mode of breathing. This approach promotes a conscious experience of breath, free from control of the human will. Ilse Middendorf died in 2009 at the age of 98. Juerg Roffler continues to develop the work.

Breath not only reaches our inner world and moves us, it also connects us to the outer world. Breath that comes and goes on its own creates movements both inward and outward, in an ever-continuing act of filling and emptying, receiving and giving, creating our sculpting body of breath. This sculpting is an individual process of balancing and healing.

Breath movement becomes meaningful. Through simple exercises, we become aware of breath laws and principles, and use them as a tool to experience and understand breath movements as the source of our creative forces as well as an outlet for their expression. The Self becomes embodied through the movements that are initiated by breath. We enter a self-aware process of growth and development. Body, soul, and spirit can be experienced as one.

Every breath cycle contains all of who we are. By learning to listen to our breath, we connect with a source that can help to direct and lead us through a process of integration. Breath becomes our teacher and healer.

BACKGROUND

Since its inception, this creative form of breathing education, developed by Professor Ilse Middendorf, has achieved international attention for its effectiveness as a somatic healing and growth process. Ilse Middendorf began practicing her work in 1935. In 1965 in Berlin, she founded the Institute for the Perceptible Breath (now called **Breathexperience**), which certifies practitioners. There are several Middendorf schools in Europe. Each year these schools graduate between seventy and ninety new practitioners who work in a variety of areas of private practice, music and acting schools, clinics for rehabilitation and psychology, counseling offices, etc.

In 1986, Feldenkrais Resources of Berkeley, California, a center for Feldenkrais education and other somatic explorations invited Ilse Middendorf and her close associate, Juerg Roffler to introduce the work to the United States. In 1989, to support the growing interest in **Breathexperience**, Juerg Roffler initiated the first training program leading to the certification of Middendorf practitioners in the United States. In 1991 Juerg founded the Middendorf Breath Institute and the first group of certified practitioners graduated in April, 1992. The 3 Block Personal Growth and Professional Training Program is offered in the Bay Area, Berlin and now Vancouver, Canada.

In 2011, Alisa Kort became the director and founder of MIBE Canada, offering classes and workshops at The Breath Space in Vancouver, British Columbia. In September 2016, Alisa was joined in partnership by Gayle Murphy, Linda Marie James and Valerie Galvin, forming **Breathexperience Canada**. Our vision is to make **Breathexperience** available in communities across the country. The first step on this journey is the inaugural **Personal Growth and Professional Training Program**, beginning in July 2017.

PARTICIPATION

The **Breathexperience Personal Growth and Professional Training Program** is designed for professionals working in the somatic, health care, psychological, artistic, performing and educational fields, or for persons who want to further their own personal growth. Experience working with groups is desirable, but not required.

PRE-REQUISITES

Participants must be in good physical and mental health, and able to take responsibility for any influence the program may have in those areas.

TEACHERS

JUERG ROFFLER

Juerg trained with Professor Ilse Middendorf at her Institute in Berlin and was a close associate until her death. In 1991 he founded the Middendorf Institute for **Breathexperience** in Berkeley, CA. Juerg maintains a private practice in Berkeley, and teaches workshops all over the world. He is the director of the U.S. Middendorf Training Program and has also developed the Programs: **Breathexperience** in Relationship, breathmoves/atembewegt, **Breathexperience** in the Performing Arts and the **Breathexperience** Integration Program. He also directs professional training programs in Europe and Canada.

ALISA KORT

Alisa's career has crossed many boundaries and disciplines as a singer, actress, director, teacher, trainer and vocal coach. Alisa has developed a deep understanding of physical and vocal communication and the ability to help actors, singers and indeed anyone, express themselves freely. She trained in **Breathexperience** with Juerg Roffler and became a certified practitioner in 2011, establishing MIBE Canada in Vancouver, where she maintains her own private **Breathexperience** practice. She has been part of the Acting Faculty at The Vancouver Film School since 1999, teaching Embodied Voice, and has developed the program Breath Sings! **Breathexperience** provides the foundation for Alisa's approach to all her work.

GAYLE MURPHY

For three decades, Gayle Murphy has specialized in the Speaking Voice for actors, professional speakers and people of all walks of life. She is an Associate Professor of Voice and Speech in the BFA Acting Program at the University of British Columbia and is on faculty at Canada's National Voice Intensive. Prior to specializing in Voice, she made her living as a professional actor. She trained in **Breathexperience** with Juerg Roffler and became a certified practitioner in 2013. **Breathexperience** is fundamental to her teaching practice.

LINDA-MARIE JAMES

LindaMarie is an opera singer and vocal teacher who brings her expertise of the operatic stage to her teachings. She is a certified practitioner of **Breathexperience** and received her certification in Berkeley, California at The Middendorf Institute for **Breathexperience** under the teachings of Juerg Roffler. LindaMarie has been teaching **Breathexperience** classes at The Breath Space in Vancouver since January 2012. Along with teaching **Breathexperience** classes, LindaMarie teaches 'Breath into Singing' in her private vocal teaching practice and holds 'Breath into Singing' Masterclasses throughout the year.

VALERIE GALVIN

Valerie had a 30 year career as a professional classical singer. Since 1989, Valerie has drawn upon her experience and training as a professional performer to help business professionals express the most powerful, visionary and inspiring aspects of themselves as public speakers, as leaders and as human beings. She has been a certified practitioner of **Breathexperience** since 2013. This work is integral to Valerie's practice in leadership coaching, with her company **Stand & Deliver Performance Coaching**. Valerie also maintains a private **Breathexperience** practice.

GUEST TEACHERS

Over the course of each training program, other certified Middendorf teachers from Europe and the United States will be invited to visit and assist in the training.

PERSONAL GROWTH & PROFESSIONAL TRAINING PROGRAM:

CURRICULUM

The 3+ year training is divided into three blocks.

Personal Growth	4 segments
The Practice of Teaching	4 segments
Full Certification	7 segments

Block I can be used as either the first step in the Professional Training or for personal growth.

To receive Practitioner Certification, all three blocks must be completed.

All three blocks of the Training Program offer students an opportunity to grow by consciously sensing and experiencing the movement of breath in the body. They learn about the importance of experiencing breath, presence and sensation as an all-encompassing principle for the development of Self.

TRAINERS IN AN INDEPENDENT TRAINING PROGRAM

To become a trainer of a **Breathexperience Personal Growth and Professional Training Program**, there are five requirements.

1. Actively practice **Breathexperience** for three years after certification
2. Participate in at least three post-graduate training courses in a period of five years
3. Become an assistant teacher in a training program for at least three years
4. Demonstrate depth of understanding
5. Attain authorization from **Breathexperience Canada** and **Juerg Roffler**

OVERVIEW OF PROGRAM CONTENT

Breath & Movement:

- Training in *sensory awareness* as a base to sense breath movement
- Identifying the sensation of breath movement and breath cycle in the body
- Experiencing the distinction of allowing as opposed to controlling the breath
- Exploring the dialogue between doing and allowing
- Identifying the breath cycle and the movement in the body created by inhale, exhale, pause (the space between the end of exhale and the beginning of the next cycle)
- Exploring the sensation of being moved by the breath
- Experiencing each breath cycle and the breath rhythm in a continuous flow
- Embodying breath principles and archetypes
- Discovering the equality of powers in the experience of breath
- Processing and developing through the *sculpting body of breath*

Breath & Sound:

- Developing the awareness of the sculpting Body of Breath of internal spaces created by the movement of breath and enhanced by sound
- Experiencing the internal landscape of the Body of Breath
- Experiencing the flow in the breath cycle and breath rhythm as it informs sound
- Clarifying the dialogue and dynamic relationship between inner and outer
- Vocalizing breath movement through the exploration of vowels and consonants in their relationship to breath
- Discovering the expression of Self through breath movement and sound

Breath In Relationship:

- Experiencing and maintaining the dynamic of own rhythm/other rhythm – the ability to differentiate ‘my experience’ from ‘another’s experience’
- Discovering trust in Self and the world
- Receiving and integrating emotional conflict through breath awareness
- Developing the ability to listen with every cell in the body (somatic listening)
- Developing somatic listening without judgement, assumption or expectation
- Meeting conflict with the creative force of the Body of Breath, both within Self and with others
- Learning to understand and connect the physical with the cognitive, intuitive, emotional and spiritual aspects of self through **Breathexperience**
- Experiencing breath as a source for developing responsibility for one’s own process

Breath & Creativity:

- Exploring the creative connection between the allowed breath and Self
- Discovering the essence of Self, always present in the Core
- Finding trust in expressing the truth of one’s being, informed by the movement of the allowed breath

Breath Dialogue (Hands-on modality):

- Developing the capacity to sense the movement of another person’s body of breath
- Engaging in somatic dialogue between another person’s body of breath and one’s hands
- Cultivating receiving as opposed to directing
- Deepening one’s trust in sensation, as a reference to identify Breath Dialogue
- Experiencing breath as a process for transformation and personal growth

Process Definition:

- Clarifying the principles of breath in **Breathexperience** forms, archetypes and practices
- Developing the individual as teacher and practitioner, in practice sessions and supervised breath-dialogue sessions
- Identifying what can support the development of students/clients
- Embodying receptiveness and somatic listening as the essential element in offering **Breathexperience** to others
- Learning how to create an environment that encourages students and clients to trust their experience of breath
- Integrating the training experience into a professional practice and into daily life

BLOCK I

PERSONAL GROWTH

Duration: 1 year, includes 4 segments

Dates:

Segment I	July 22 – August 4, 2017
Segment II	November 4 – 9, 2017
Segment III	February 3 – 8, 2018
Segment IV	April 21 – May 2, 2018

Times: Morning sessions: 9:30 am – 1:00pm
 Afternoon session: 3:00 pm – 4:30 pm

Segment I	July 28 & 29 off
Segment II	November 6 – free afternoon
Segment III	February 5- free afternoon
Segment IV	April 26 & 27 off

Price:

Segment I	\$2,040.00
Segment II	\$1,020.00
Segment III	\$1,020.00
Segment IV	\$1,700.00

5% GST is not included in these fees

Payment: A 50% deposit is required 30 days prior to each segment with the balance due on Day One of each segment. In the event of cancellation within the 30 days, 50% of the deposit is non-refundable

Classes include:

- Breath & Movement
- Breath & Sound
- Breath Dialogue (hands-on) work for personal development
- Breath & Creativity
- Breath & Relationship

Includes sessions:

Individual Breath Dialogue sessions:

- Segments I and IV - 2 sessions
- Segments II and III - 1 session

Continues with:

Block II for The Practice of Teaching
Block III for full Practitioner Certification

Students participating in this block learn how **Breathexperience** can become a tool to facilitate integration of restrictive patterns. Through developing awareness for breath movement in the body, laws and principles of the autonomic breath are rediscovered and will serve as a guide in supporting personal growth and development of Self. This Block can be used as the first step of three, to become a certified **Breathexperience** Practitioner. It can also be used solely for the purpose of personal growth.

Notes:

Students, as a group, are responsible for creating *simple* notes for each session, which teachers and students receive by email at the end of each segment. It is up to the group to come to an agreement about how this requirement is met. For example, students commit to being the 'scribe' for one day. As a result, teachers get an ongoing sense of how the work is being integrated from a cognitive perspective, and students have a written record of all course content.

BLOCK II

THE PRACTICE OF TEACHING

Duration: 1 year, includes 4 segments,

Dates: Segment V July / August 2018
 Segment VI November 2018
 Segment VII February 2019
 Segment VIII April / May 2019
Specific dates to be announced

Times: Morning session 9:30am – 1:00pm
 Afternoon session 3:00pm – 4:30pm

Price: Segment V \$2,040.00
 Segment VI \$1,020.00
 Segment VII \$1,020.00
 Segment VIII \$1,700.00
5% GST is not included in these fees

Pre-requisite: Block I, Personal Growth, completed

Classes include:

- Breath & Movement
- Breath & Sound
- Breath & Relationship
- Breath & Creativity
- Breath Dialogue (hands-on) work
- Process Definition
- Practice Teaching

Includes sessions:

Individual Breath Dialogue sessions:

- Segments V and VIII - 2 sessions
- Segments VI and VII - 1 session

Continues with:

Block III for Full Certification

Students participating in Block III must have completed Blocks I and II.

Block III includes:

- **Practice Teaching:** enroll and teach a 6 – 10 session Breath and Movement class
- **Breath Dialogue Practice:** conduct a series of a minimum of 6 Breath Dialogue sessions with an individual client
- **Individual Project:** carry out and document a project which expresses how the student envisions offering *Breathexperience* to their community (create a website, form a studio, write a paper, make a work of art as an expression of breath, etc.)

These requirements must be carried out before the completion of Block III in order to attain **Professional Practitioner Certification**.

The program continues to focus on individual growth, while developing competency in offering the work in Breath & Movement classes and individual Breath Dialogue (Hands-on) sessions.

Professional Practitioner Certification requirements:

- Complete all 7 segments in Block III
- Complete Practice Teaching and Breath Dialogue Practice
- Complete and present the Individual Project
- Successfully undergo Teaching and Breath Dialogue evaluation during the final segment of Block III

BLOCK III

FULL CERTIFICATION

Duration: 1+ year, includes 7 segments,

Dates: Segment IX July / August 2019 Segment XIII July / August 2020
 Segment X November 2019 Segment XIV November 2020
 Segment XI February 2020 Segment XV February 2021
 Segment XII April / May 2020

Specific dates to be announced

Times: Morning session 9:30am – 1:00pm
 Afternoon session 3:00pm – 4:30pm

Price: Segment IX \$2,040.00 Segment XIII \$2,040.00
 Segment X \$1,020.00 Segment XIV \$1,020.00
 Segment XI \$1,020.00 Segment XV \$1,020.00
 Segment XII \$1,700.00

5% GST is not included in these fees

Certification Fee: \$300.00

Pre-requisite:

Block I, Personal Growth, completed
 Block II, The Practice of Teaching, completed
 Proposal for Block III Final Project

Classes include:

Breath & Movement
 Breath & Sound
 Breath & Relationship
 Breath & Creativity
 Breath Dialogue (hands-on) work
 Process Definition
 Practice Teaching

Includes sessions:

Individual Breath Dialogue sessions:

Segments IX, XII and XIII - 2 sessions
 Segments X, XI, XIV and XV - 1 session

Concludes with:

- Full Certification as a **Breathexperience Practitioner**

Continues with:

- Postgraduate Trainings

Students participating in this block have completed Block I, Personal Growth, and Block II, The Practice of Teaching and build toward Full Certification to become a **Breathexperience Practitioner**. Fully certified **Breathexperience** practitioners are trained in Breath and Movement group work, Breath & Sounds, individual Breath Dialogue (hands-on) sessions, Breath & Creativity and Breath in Relationships for two people and small groups.

PROGRAM SUMMARY

The training program consists of 3 Blocks:

Block I	Personal Growth - 1 year, 4 segments
Block II	The Practice of Teaching - 1 year, 4 segments
Block III	Full Certification - 1 + year, 7 segments

All three Blocks together include 15 segments and are taken over a 3+ year period.

The segment lengths vary between 6, 10 and 12 days. The 6-Day segments include a half day off. The 10 and 12-day segments include two days off.

Individual Breath Dialogue sessions with a certified **Breathexperience** practitioner are included per program Block. These are to be spaced evenly over the course of the Block. A total of 6 sessions for Blocks I & II and 11 sessions for Block III.

Full attendance in all 15 segments (all three Blocks) is required, as part of the fulfillment for full certification.

Full attendance in the first 8 segments (Blocks I and II) is required as part of the fulfillment to receive permission to start the practice of teaching. This allows the participant to begin teaching the fundamental practices of **Breathexperience** in order to participate in and complete Block III, and achieve full Practitioner Certification.

SUGGESTED READING

breathexperience.com/literature

Payment Structure:

A 50% deposit is required 30 days prior to the beginning of each segment. In the event of cancellation within the 30 day period, 50% of the deposit is non-refundable.

Balance of payment for each segment is due 5 days before the beginning of the segment.

There is a non-refundable Administrative Fee of \$75.00 due with your signed registration.

A certification fee of \$300.00 is due with tuition for Segment XV, the last segment of Block III.

Location:

All segments will take place at:

THE BREATH SPACE

1392 East 3rd Ave.

Vancouver, B.C

APPLICATION INFORMATION

To apply, students must send a brief description of their background, education, current profession, and a statement of their motivation for participating in the program.

Prior to beginning the training, we recommend that all prospective applicants:

- Attend at least one introductory workshop or a series of classes in **Breathexperience**.
- Participate in one or two Breath Dialogue sessions with a certified **Breathexperience** practitioner.
- Schedule a personal interview with a member of the **Breathexperience Canada** team (Alisa Kort, LindaMarie James, Gayle Murphy, Valerie Galvin and Juerg Roffler)

Applicants who are accepted will be enrolled on a first-come, first-serve basis. The maximum enrollment for each training group is currently limited to 14 persons.

Final acceptance in the training is guaranteed with the mutual signing of an agreement.

Mail Applicant Information form to:

Breathexperience Canada

c/o Alisa Kort

Apt. 4 – 3648 Point Grey Road

Vancouver B.C. V6R 1A9

Or email to alisa@breathexperience.ca

For further clarification please call Alisa Kort, director at 604-329-000

BREATH EXPERIENCE CANADA
Vancouver, British Columbia

Personal Growth and Professional Training Program

Applicant Information

BLOCK I _____ BLOCK II _____ BLOCK III _____ Starting Date: _____

Last Name:

First Name:

Date of Birth:

Address:

City:

Province/State:

Postal Code:

Phone:

Cell:

Work:

Email:

Education:

Motivation:

Experience with *BREATH EXPERIENCE*:

Additional Comments: (attach separate sheet if needed)

Signature of Applicant:

Date: