OM YOGA INTERNATIONAL

PROFESSIONAL
REBIRTHING BREATHWORK
TRAINING

LEVEL 1 • LEVEL 2 • LEVEL 3

01–21 FEBRUARY 2027

RISHIKESH, UTTARAKHAND, INDIA

A 21-Day Immersive Journey into Conscious Breathing,
Self-Awareness and Professional Facilitation

COURSE INFORMATION & ENQUIRY GUIDE

1. WELCOME TO THE TRAINING

Welcome to the Professional Rebirthing Breathwork Training at Om Yoga International, Rishikesh, India. This immersive 21-day programme introduces participants to the traditional teachings and practices of Rebirthing Breathwork while developing a deeper understanding of conscious breathing, emotional awareness, self-exploration, and responsible facilitation.

Rooted in the teachings of Leonard Orr, Rebirthing Breathwork is a practice centred on Conscious Connected Breathing, in which inhalation and exhalation are connected in a continuous breathing rhythm without an intentional pause. The training offers participants an opportunity to explore breathing patterns, observe personal responses, develop self-awareness, and understand how sessions may be facilitated in a supportive and responsible manner.

The programme is divided into three progressive levels:

- **Level 1 – Foundation, Breath Awareness and Personal Exploration.**
- **Level 2 – Deeper Self-Exploration and Emotional Integration.**
- **Level 3 – Professional Principles and Practical Facilitation Skills.**

Throughout the programme, participants engage in theoretical learning, guided breathing experiences, meditation, reflective exercises, partner activities, and supervised practice. Whether your intention is personal development or developing foundational breathwork facilitation skills, this programme provides a structured learning environment for exploring traditional Rebirthing Breathwork.

2. COURSE INFORMATION

Particulars	Details
Course Name	Professional Rebirthing Breathwork Training
Training Levels	Level 1, Level 2 and Level 3
Duration	21 Days
Batch Dates	01–21 February 2027
Location	Rishikesh, Uttarakhand, India
Training Format	In-person
Course Facilitator	Arti Saxena
Language	English
Certificate Issuer	OYI Yoga School
Accommodation	Training Only, Double Sharing or Private Room
Eligibility	Beginners and experienced practitioners

Programme flexibility: Participants may enquire about joining the complete three-level programme or an individual level, subject to the confirmed training schedule, prerequisites, and availability.

3. ABOUT REBIRTHING BREATHWORK

Rebirthing Breathwork is a traditional conscious breathing practice developed and popularised by Leonard Orr. The practice explores the relationship between breathing, awareness, emotional responses, and personal experiences.

Its central technique, Conscious Connected Breathing, involves maintaining a continuous connection between inhalation and exhalation. Through guided practice and observation, participants learn to become more aware of their breathing patterns and their responses during breathing sessions.

The training introduces several important dimensions of this traditional approach:

Conscious Breathing: Understanding the breathing process and developing awareness of natural breathing patterns.

Emotional Awareness: Observing emotions, sensations, thoughts, and personal responses during breathing practices.

Self-Exploration: Reflecting on personal experiences, behavioural patterns, and limiting beliefs.

Personal Integration: Learning grounding, relaxation, reflection, and integration practices following sessions.

Facilitation Awareness: Understanding the responsibilities, boundaries, preparation, and communication skills required when supporting another person during a breathwork session.

The programme approaches these subjects through education, personal experience, guided practice, and practical learning.

4. COURSE FACILITATOR

ARTI SAXENA
Rebirthing Breathwork Facilitator & Reiki Master

Arti Saxena is a holistic wellness practitioner, Rebirthing Breathwork facilitator, and Reiki Master whose work focuses on conscious breathing, self-awareness, meditation, Reiki, and personal development.

During the 21-day programme, she guides participants through the traditional foundations of Rebirthing Breathwork, personal breathing experiences, reflective exercises, and practical facilitation activities.

Her teaching approach emphasises:

- Individual attention and guided learning.
- Direct experience of breathing practices.
- Understanding emotional and personal responses.
- Developing awareness and mindful communication.
- Creating a respectful and supportive learning environment.
- Responsible approaches to facilitating breathwork sessions.

Her intention is to help participants develop a meaningful understanding of breathwork through a combination of theoretical knowledge, personal exploration, and practical experience.

5. DETAILED TRAINING CURRICULUM

LEVEL 1 – FOUNDATION & PERSONAL HEALING

Theme: Understanding the Breath and Beginning the Journey Within

Level 1 introduces participants to the traditional foundations of Rebirthing Breathwork. The primary focus is on understanding Conscious Connected Breathing, developing breath awareness, and exploring personal experiences through guided breathing sessions. Participants are introduced to the relationship between breathing, thoughts, emotions, physical sensations, and self-awareness.

Topics Covered

- Introduction to Rebirthing Breathwork.
- History and traditional teachings of Leonard Orr.

- Philosophy and principles of conscious breathing.
- Understanding Conscious Connected Breathing.
- Natural breathing patterns and breath awareness.
- The relationship between breathing and emotional responses.
- Understanding personal thoughts and behavioural patterns.
- Exploring limiting beliefs and personal conditioning.
- Introduction to guided Rebirthing sessions.
- Personal breathing experiences and reflective exercises.
- Introduction to traditional Fire Purification practices.
- Introduction to Water Rebirthing.
- Grounding, relaxation, and integration techniques.
- Meditation and self-observation.
- Developing a regular personal breathing practice.

Practical Training

- Guided Conscious Connected Breathing sessions.
- Breath observation and awareness exercises.
- Personal reflection and journaling.
- Guided meditation and relaxation.
- Introduction to traditional Rebirthing practices.
- Group sharing and reflective discussions.

Learning Outcomes

- Explain the basic principles of Rebirthing Breathwork.
- Understand the traditional foundations of the practice.
- Demonstrate an understanding of Conscious Connected Breathing.
- Recognise personal breathing patterns and responses.
- Develop greater awareness of personal emotional experiences.
- Understand basic grounding and integration practices.

LEVEL 2 – DEEPER HEALING & EMOTIONAL INTEGRATION

Theme: Deepening Self-Awareness and Understanding Emotional Patterns

Level 2 builds upon the knowledge and experiences gained in Level 1. It encourages participants to explore personal experiences more deeply and develop a greater understanding of emotional responses, conditioning, and patterns of behaviour. The programme introduces reflective techniques and additional guided breathing experiences to support personal exploration and integration.

Topics Covered

- Understanding childhood conditioning and early experiences.
- Exploring recurring emotional patterns.
- Understanding limiting beliefs and personal assumptions.
- The relationship between breathing and emotional awareness.
- Introduction to nervous-system awareness.
- Understanding personal boundaries.
- Developing emotional observation without judgement.
- Exploring personal responses during breathing sessions.
- Deeper guided Rebirthing Breathwork sessions.
- Introduction to traditional Water Rebirthing practices.
- Traditional Fire Purification practices.
- Meditation and guided self-inquiry.
- Developing presence and self-awareness.
- Grounding and emotional integration.
- Introduction to supporting another person during a breathing session.
- Understanding the importance of consent and individual needs.
- Reflective journaling and group discussions.

Practical Training

- Guided Conscious Connected Breathing sessions.
- Extended personal reflection exercises.
- Guided meditation and self-inquiry.
- Grounding and integration practices.
- Water Rebirthing experiences, subject to appropriate preparation and safety.
- Fire Purification experiences, subject to appropriate safety arrangements.
- Observation and introductory partner exercises.

Learning Outcomes

- Understand how personal conditioning may influence experiences.
- Recognise recurring emotional and behavioural patterns.
- Develop greater awareness of breathing responses.
- Apply basic grounding and integration techniques.
- Understand the importance of emotional boundaries.
- Demonstrate greater awareness when supporting another participant.
- Develop a more consistent personal breathwork practice.

LEVEL 3 – PROFESSIONAL FACILITATION TRAINING

Theme: Developing the Knowledge and Skills to Facilitate Breathwork Responsibly

Level 3 focuses on the foundational principles of professional Rebirthing Breathwork facilitation. Participants learn how to prepare for a session, communicate with participants, understand individual needs, maintain appropriate professional boundaries, and provide grounding and integration support. The emphasis is on practical learning, observation, guided partner activities, and supervised exercises.

Topics Covered

- Introduction to the professional role of a Rebirthing facilitator.
- Responsibilities and limitations of a breathwork facilitator.
- Understanding the structure of an individual session.
- Introduction to group breathwork facilitation.
- Preparing a comfortable and supportive practice environment.
- Participant preparation and initial consultation.
- Understanding informed consent.
- Communication and active listening.
- Developing appropriate professional boundaries.
- Understanding contraindications and risk screening.
- Recognising challenging emotional and physical responses.
- Responding appropriately when a participant becomes uncomfortable or distressed.
- Grounding and post-session integration.
- Introduction to participant feedback and session documentation.
- Understanding professional ethics and confidentiality.
- Guided partner facilitation exercises.
- Supervised practical learning.
- Observation and feedback.
- Reflective practice and self-assessment.
- Developing confidence in responsible facilitation.

Practical Training

- Demonstration of session preparation.
- Introduction to participant intake and screening.
- Guided facilitator-participant practice.
- Partner-based breathing exercises.
- Observation of facilitated sessions.
- Practising communication and consent.
- Grounding and integration support.
- Practical feedback and reflection.
- Introduction to individual and group session planning.

Learning Outcomes

- Explain the responsibilities of a breathwork facilitator.
- Understand the basic structure of an individual session.

- Prepare an appropriate environment for guided practice.
- Communicate respectfully and obtain informed consent.
- Recognise the importance of contraindication screening.
- Understand professional boundaries and ethical responsibilities.
- Demonstrate introductory facilitation skills in guided practice.
- Understand when a participant may require additional support or referral.
- Recognise the importance of continued learning and supervised experience.

Professional practice note: Successful completion of training exercises does not automatically establish independent professional competence. Further supervised experience may be appropriate before offering sessions independently.

6. SPECIAL PRACTICES INCLUDED

1. CONSCIOUS CONNECTED BREATHING

The central practice of Rebirthing Breathwork. Participants explore a continuous connection between inhalation and exhalation through guided breathing experiences and breath awareness exercises.

2. FIRE PURIFICATION

An introduction to the traditional Fire Purification practice associated with Leonard Orr's teachings. The practice explores fire as an element of reflection, purification symbolism, and personal awareness.

3. WATER REBIRTHING

An introduction to traditional water-based Rebirthing experiences. Participants learn about preparation, supervision, appropriate safety measures, and the importance of individual suitability.

4. MEDITATION & SELF-INQUIRY

Guided meditation and reflective practices to develop concentration, self-observation, emotional awareness, and personal integration.

5. PRACTICAL FACILITATION

Introductory partner activities, guided exercises, observation, communication practice, and facilitator feedback to develop responsible facilitation skills.

7. WHO CAN JOIN THIS TRAINING?

This programme welcomes individuals interested in conscious breathing, personal development, and holistic wellness. Suitable participants include:

- Yoga teachers and yoga practitioners.
- Meditation teachers and practitioners.
- Reiki practitioners and energy-work practitioners.
- Sound healing practitioners.
- Holistic wellness professionals.
- Life coaches and wellness coaches.
- Counselors interested in complementary practices within their professional scope.
- Individuals interested in self-exploration and personal development.
- Aspiring Rebirthing Breathwork facilitators.

• Beginners interested in learning the foundations of conscious breathing.

Do I need previous experience?
No previous Rebirthing Breathwork experience is compulsory for Level 1. The training starts with foundational concepts and gradually introduces more advanced subjects. Participants wishing to join Levels 2 or 3 individually should confirm the relevant prerequisites and availability with the school.

8. DAILY LEARNING EXPERIENCE

The programme combines theoretical instruction, practical exercises, personal reflection, and guided learning. A typical training day may include:

Session	Learning Activity
Morning	Meditation and breath awareness
Morning Class	Theoretical learning and curriculum
Practical Session	Guided breathwork experiences
Afternoon	Personal exploration and practical exercises
Evening	Reflection, integration and group discussion

This is an illustrative structure only. The final daily timetable will be provided by the school. The exact timing, duration, and frequency of individual breathing sessions will be determined by the facilitator, taking into account participants' experience, suitability, and safety.

9. ACCOMMODATION & RESIDENTIAL FACILITIES

Participants can select a package according to their accommodation requirements and budget.

OPTION 1 – TRAINING ONLY

Ideal for participants arranging their own accommodation in Rishikesh. Includes:

• Complete scheduled training sessions.

• Theoretical classes and practical learning.

• Guided breathwork practices.

• Meditation and reflective exercises.

• Training certificate, subject to completion requirements.

OPTION 2 – DOUBLE-SHARING RESIDENTIAL

Suitable for participants who prefer shared accommodation and a residential learning environment. Includes:

• Double-sharing accommodation.

• Three vegetarian meals daily.

• Complete scheduled training sessions.

• Guided breathing and meditation practices.

• Access to available common facilities.

OPTION 3 – PRIVATE-ROOM RESIDENTIAL

Suitable for participants who prefer personal space and privacy during the training. Includes:

• Private accommodation.

- Three vegetarian meals daily.
- Complete scheduled training sessions.
- Guided breathing and meditation practices.
- Access to available common facilities.

General Facilities

- Comfortable accommodation.
- Vegetarian meals prepared for residential students.
- Wi-Fi access.
- Meditation and self-study spaces.
- Library access.
- Shared common areas.
- Peaceful learning environment in Rishikesh.

Room availability, facilities, and package inclusions will be confirmed before booking.

10. CERTIFICATION & COMPLETION REQUIREMENTS

Participants who successfully complete the required training activities and assessments will receive a **Professional** Rebirthing Breathwork Training Certificate issued by OYI Yoga School. The certificate will document the training level or levels completed, subject to the school's certification requirements.

Completion requirements may include:

- Participation in scheduled theoretical classes.
- Attendance in required practical sessions.
- Completion of guided learning activities.
- Participation in practical exercises.
- Demonstration of foundational knowledge.
- Understanding of safety and ethical responsibilities.
- Completion of applicable assessments.

Important certification clarification: The certificate issued by OYI Yoga School should be distinguished from any separate Yoga Alliance USA credential. YACEP is a Yoga Alliance Continuing Education Provider designation, not an independent professional breathwork licence. Any YACEP recognition, eligible continuing education hours, and applicable certificate documentation should be confirmed with the school before publication or enrolment.

11. SAFETY, SUITABILITY & PROFESSIONAL RESPONSIBILITY

Participant wellbeing is an important part of breathwork education. Breathwork practices can produce physical sensations, emotional responses, dizziness, tingling, or distress in some participants. The intensity and suitability of practices may differ between individuals.

Before participating, students should disclose relevant medical and psychological history to the facilitator privately. Particular caution and professional assessment may be necessary for people with certain cardiovascular or respiratory conditions, uncontrolled high blood pressure, seizure disorders, a history of fainting, pregnancy, recent surgery, or significant mental health concerns.

The facilitator may modify or exclude certain practices when appropriate and may recommend medical clearance or consultation with a qualified healthcare professional.

Safety principles include:

- Informed consent before participation.
- Appropriate screening and preparation.
- Respect for individual boundaries.
- No pressure to participate in any exercise.
- Appropriate supervision during water-based practices.
- Clear grounding and integration procedures.
- Referral to qualified professionals when necessary.

Water safety: Water Rebirthing must never involve unsupervised underwater breath-holding or practices that create a risk of loss of consciousness or drowning.

This educational programme is not medical or psychological treatment and does not replace professional healthcare.

12. COURSE FEES & BOOKING INFORMATION

The February 2027 training offers three package categories to accommodate different participant preferences.

Package	Inclusions
Training Only	Complete Level 1–3 programme
Double Sharing	Training + shared room + meals
Private Room	Training + private room + meals
Individual Levels	Subject to schedule and availability

FEBRUARY 2027 – COURSE FEES TO BE ANNOUNCED

Booking Advance: 25% of the selected package.

- A 25% advance payment is required to confirm a booking.
- The remaining balance and payment deadline will be communicated before confirmation.
- Cancellation and refund terms will be shared before payment.
- Accommodation is subject to availability.
- Individual-level fees and dates must be confirmed separately.

How to Reserve Your Place

- Contact Om Yoga International.
- Select your preferred training package.
- Receive the course fee and booking information.
- Complete the required booking advance.
- Receive your booking confirmation and joining instructions.

13. WHY STUDY REBIRTHING BREATHWORK IN RISHIKESH?

Rishikesh, situated in the Himalayan foothills along the River Ganges, is internationally known for its yoga, meditation, and spiritual learning traditions. Studying here offers participants an opportunity to step away from their usual routines and dedicate time to personal learning and self-reflection.

The Rishikesh Experience

- A peaceful environment for learning and personal exploration.

- An opportunity to experience India's traditional yoga culture.
- A diverse international learning community.
- Time for meditation, reflection, and personal practice.
- Opportunities to explore the natural beauty of the Himalayan region.

At Om Yoga International, we aim to provide a welcoming environment where students from different countries and backgrounds can learn, practise, and develop together.

14. FREQUENTLY ASKED QUESTIONS

Q1. What is Rebirthing Breathwork?

Rebirthing Breathwork is a traditional conscious breathing practice based on the teachings of Leonard Orr. It focuses on Conscious Connected Breathing, breath awareness, and personal exploration.

Q2. How long is the training?

The complete training is 21 days, scheduled from 1 February to 21 February 2027.

Q3. What are the three levels?

Level 1 focuses on foundation and personal exploration. Level 2 explores deeper emotional awareness and integration. Level 3 introduces professional facilitation principles and practical skills.

Q4. Can beginners join?

Yes. Beginners can join Level 1 without previous Rebirthing Breathwork experience.

Q5. Can I join only Level 1?

Yes, subject to the confirmed schedule and availability.

Q6. Can I join directly at Level 2 or Level 3?

Participants interested in individual advanced levels should contact the school to confirm prerequisites and eligibility.

Q7. Does the programme include Water Rebirthing?

Yes. Water Rebirthing is included as a traditional practice, subject to individual suitability and appropriate supervision.

Q8. Does the programme include Fire Purification?

Yes. The programme introduces traditional Fire Purification practices associated with Leonard Orr's teachings.

Q9. Will I learn how to conduct individual sessions?

Yes. Level 3 introduces session structure, communication, preparation, informed consent, ethical responsibilities, and guided practical facilitation exercises.

Q10. Will I be qualified to work independently immediately after training?

The programme provides foundational training and practical learning. Independent professional practice may require additional supervised experience, competence, and further professional development.

Q11. Is accommodation compulsory?

No. Participants can select the Training Only package and arrange their own accommodation.

Q12. Are meals included?

Three vegetarian meals daily are included in the residential packages.

Q13. Is the course conducted online?

No. The core programme is conducted in person in Rishikesh, India.

Q14. Can international students participate?

Yes. Indian and international participants are welcome.

Q15. In which language are classes conducted?

The training is conducted in English.

Q16. What certificate will I receive?

The training certificate is issued by OYI Yoga School upon successful completion of the applicable programme requirements. Any separate YACEP documentation must be confirmed.

Q17. How can I book my place?

Contact our team, select your preferred package, and complete the 25% booking advance to confirm your registration.

15. ENROLMENT & ENQUIRY INFORMATION

To help our admissions team understand your requirements, please share the following information:

Information	Details Required
Full Name	Your complete name
Country	Country of residence
WhatsApp Number	Including country code
Email Address	Active email address
Previous Experience	Yoga, Meditation, Reiki, Breathwork, etc.
Training Interest	Personal development / Professional training
Programme Selection	Level 1 / Level 2 / Level 3 / Complete Programme
Accommodation	Training Only / Double Sharing / Private Room
Batch	February 2027
Additional Questions	Any specific requirements

Our admissions team will assist you with the curriculum, package details, accommodation, fees, and registration procedure.

16. IMPORTANT INFORMATION FOR THE ENQUIRY TEAM

- **February Batch:** 1–21 February 2027.
- **Course Facilitator:** Arti Saxena.
- February 2027 fees are to be announced; do not quote previous or November 2026 fees.
- Do not promise international accreditation or a professional licence.
- Confirm any YACEP recognition and eligible hours before making claims.
- Do not guarantee a specific number of supervised client sessions unless confirmed.
- Confirm individual-level dates and prerequisites before accepting payment.
- Explain package inclusions and cancellation terms before payment.
- The training supports self-awareness and personal development and is not a replacement for medical or psychological treatment.

17. READY-TO-SEND MESSAGE FOR NEW ENQUIRIES

Namaste!

Thank you for your interest in our Professional Rebirthing Breathwork Training in Rishikesh.

Our upcoming February 2027 batch is scheduled from **1–21 February**, covering Levels 1–3.

The training is guided by **Arti Saxena**, Rebirthing Breathwork Facilitator and Reiki Master.

The programme includes traditional Rebirthing Breathwork, Conscious Connected Breathing, emotional awareness, personal exploration practices, Water Rebirthing, Fire Purification, meditation, and practical facilitation training.

You can choose between Training Only and residential packages with double-sharing or private accommodation.

The updated February fees will be shared shortly.

May I know whether you're interested in the complete Level 1–3 programme or an individual level, and whether you would require accommodation?

Warm regards,
Om Yoga International
Rishikesh, India

OM YOGA INTERNATIONAL

BEGIN YOUR JOURNEY WITH THE BREATH

PROFESSIONAL REBIRTHING BREATHWORK TRAINING

LEVEL 1 • LEVEL 2 • LEVEL 3

01–21 FEBRUARY 2027

RISHIKESH, UTTARAKHAND, INDIA

Explore conscious breathing, deepen your self-awareness, and develop the foundations of responsible breathwork facilitation.

Course Facilitator: Arti Saxena
Certificate Issuer: OYI Yoga School
Website: www.omyogainternational.org
Enquiries: Contact Om Yoga International for course fees, accommodation and registration.

WE LOOK FORWARD TO WELCOMING YOU TO RISHIKESH!