

wellcoaches®

SCHOOL of COACHING

Wellcoaches Premium Class: **Breath as Medicine**

Date/Time: 2-3:30 p.m. ET Mondays March 18- May 6

Course fee: \$495

Registration deadline: Friday, March 15

CEUs: Wellcoaches 12, ACSM 12, ICHWC 12, NCHCEC 12

[Register](#)

Discover the power of intentional breathing physiology and psychology as a dynamic way of improving a client's level of health and well-being, fitness and overall performance. No matter whether you're working in the corporate or healthcare environment, offering your client's health improvement strategies that target the leading causes of ill-health today is key.



As stress continues to rank as the primary challenge to our health, prevention & self-care programs should include tools and strategies to reduce stress instead of adding to accelerated aging and ill-health. Dysfunctional breathing (primarily instigated by stress) is playing a role in 4 of the top 5 the leading causes of death and symptoms of ill-health.

Ed Harrold's **Breath AS Medicine™** training (BreathMed) focuses on nasal dominance by applying the principles and philosophy of yoga breathing (or pranayama) to improve breathing rates and patterns; thereby, improving brain health, heart health, respiratory health, nervous system imbalances, endocrine health, circadian & ultradian rhythms as well as cognitive function and emotional intelligence.

"If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." ~Dr. Andrew Weil

Pranayama (or yoga breathing) is the science of learning to control the breath for various physiologic, biochemical, biomechanical and psychological outcomes overlooked in current health, fitness and wellbeing programs.

Breath AS Medicine™ (BreathMed) is a highly effective modality for both the prevention of illness as well as therapy for managing and/or reversing existing chronic illness. With evidence-based concepts & strategies, this training is specifically designed for wellness coaches who want to learn the art, science and application of yoga breathing as a self-care, wellness & well-being, patient care and patient education practice in prevention, lifestyle medicine, behavior change and supplement to conventional care.

Weeks 1 thru 4: The art & science of breath regulation (Pranayama)

- How yoga breathing influences various systems and organs:
 - Nervous Systems
 - Brain Function
 - Heart Health
 - Digestive & Endocrine
 - Posture & Core Stabilization
- Learn 6 key breathing techniques & how to sequence them for various physiological & biochemical outcomes
- Health benefits and contraindications

Weeks 5 thru 8: How, When, Why To Apply Breath As A Therapeutic Tool

- Stress Reduction (physical, mental/cognitive & emotional intelligence & self-regulation)
- Heart Health (breathing rates, heart rates, heart rate variability & vagal tone)
- Sleep Health (circadian & ultradian rhythms, yoga nidra, brain breaks)
- Exercise & Weight Loss (moving from mouth to nasal dominance)

Course Outline:

Teaching strategies include lecturing, discussing, review current research, experiential learning and practice teaching sessions. **Each participant will be required to submit a 15-minute guided video-taped teaching session.**

Learning Outcomes:

- Recognize the importance of breathing rates & patterns and its role of balancing our nervous system(s), heart & brain function for optimal health, sleep, fitness and well-being
- Demonstrate the knowledge and skills to incorporate **BreathMed** within clinical areas of expertise

- Provide patient education and self-care routines to improve health outcomes and patient well-being

Wellcoaches Cancellation Policy

Cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- **If you request a refund prior to the class start date**, you may receive a refund for 95% of the course fee.
- **If you request a refund after the first class**, you may receive a refund for 25% of the course fee.
- **No refunds will be granted after the first class.**