



BreathBodyMind
Foundation



Breath-Body-Mind™

Level One BBM Instructor

24 April to 10 May 2024

Joanna Kowalewska

..... having completed the requirements for Level-One Breath-Body-Mind Instructor, is Certified to lead the following BBM practices: Coherent Breathing, Breath Moving – First Circuit, Top-down Muscle Softening, Bottom-up Body Scan, 4-4 Arm Circles, Energy Ball, Painting the Waterfall, Humming, 4-2-4-2 and 4-4-6-2 Breathing with movement, Tapping, Heart Ha Breath and Basic Ha Breath.

BBM Level-One Instructor Training is a 36-hour live interactive online program and 4 hours pre-recorded content taught by Joanna Harper and senior BBM Teachers with presentations and sessions by Dr. Richard P. Brown, Dr. Patricia L. Gerbarg, and Jyoti Manual.

Level-One Instructors have completed at least one 12-hour BBM Fundamentals Workshop and this 40-hour Level-1 Instructor Training for a total of 52 hours. Training includes Qigong-based movements, Voluntarily Regulated Breathing Practices, and relaxation techniques that have been used to alleviate symptoms of stress, insomnia, anxiety, post-traumatic stress, depression, and stress-related conditions. Lectures cover the neuro-psychophysiological effects of breath practices, clinical studies, therapeutic applications, precautions, contraindications, trauma-sensitive teaching and modifications for instructing children and those with physical or mental health conditions. Skill competency is evaluated through online direct observation by the BBM faculty.

Level-One graduates may lead BBM techniques within their professional fields, to individuals or small groups, and as assistants in BBM workshops and courses. To maintain their competencies and further develop skills, Level-1 Instructors are required to practice BBM regularly, assist at BBM workshops, and incorporate BBM updates in their instructing. When leading, sharing, lecturing, or writing about these methods, they will attribute their training to Breath-Body-Mind™.

Richard P. Brown, MD

Richard P. Brown, MD
Associate Clinical Professor in Psychiatry
Columbia University Medical College, NY

Patricia L. Gerbarg, MD

Patricia L. Gerbarg, MD
Assistant Clinical Professor in Psychiatry
New York Medical College

Joanna C. Harper

Joanna C. Harper
Level IV Breath-Body-Mind™ Teacher & Lead UK Trainer