PRANABEAT® Online Breathwork Facilitator Training

Master Conscious Connected Breathwork & Transform Lives

10 February 2027 – 28 April 2027

Online | Live + Recorded | Global Access

A Note from Kate

Like so many of us, I found breathwork at a moment when I truly needed it. I was under immense pressure and had lost sight of who I was - and breathwork met me there. It changed everything.

What began as my own healing became a passion I couldn't ignore. As I started to share it, the change I saw, in myself and in others, was so profound it shifted the entire trajectory of my life. That's why I created the PRANABEAT Method: to share what had become my gift - my knowledge, my years of study, and above all my passion for this work.

There's nothing like the stillness at the end of a session - everyone lying there, some in tears, some deeply at peace, all of them home in themselves again. Being witness to that quiet return to centre is what drives me.

I didn't create this method to merely teach people how to breathe, but how to truly hold space, for themselves and for others. Safely, ethically, and with an understanding that goes far beyond the breath itself. Breathwork is powerful, and with that power comes responsibility.

This training is for those who feel genuinely called to this work. If you're feeling the pull, trust it - this is the program I wish I'd had when I first started. I can't wait to meet you.

Kate

Who Is This Training For?

THIS PROGRAM IS IDEAL FOR:

- **Aspiring Breathwork Facilitators:** No previous teaching experience is required - just a genuine passion for healing, growth, and guiding others.

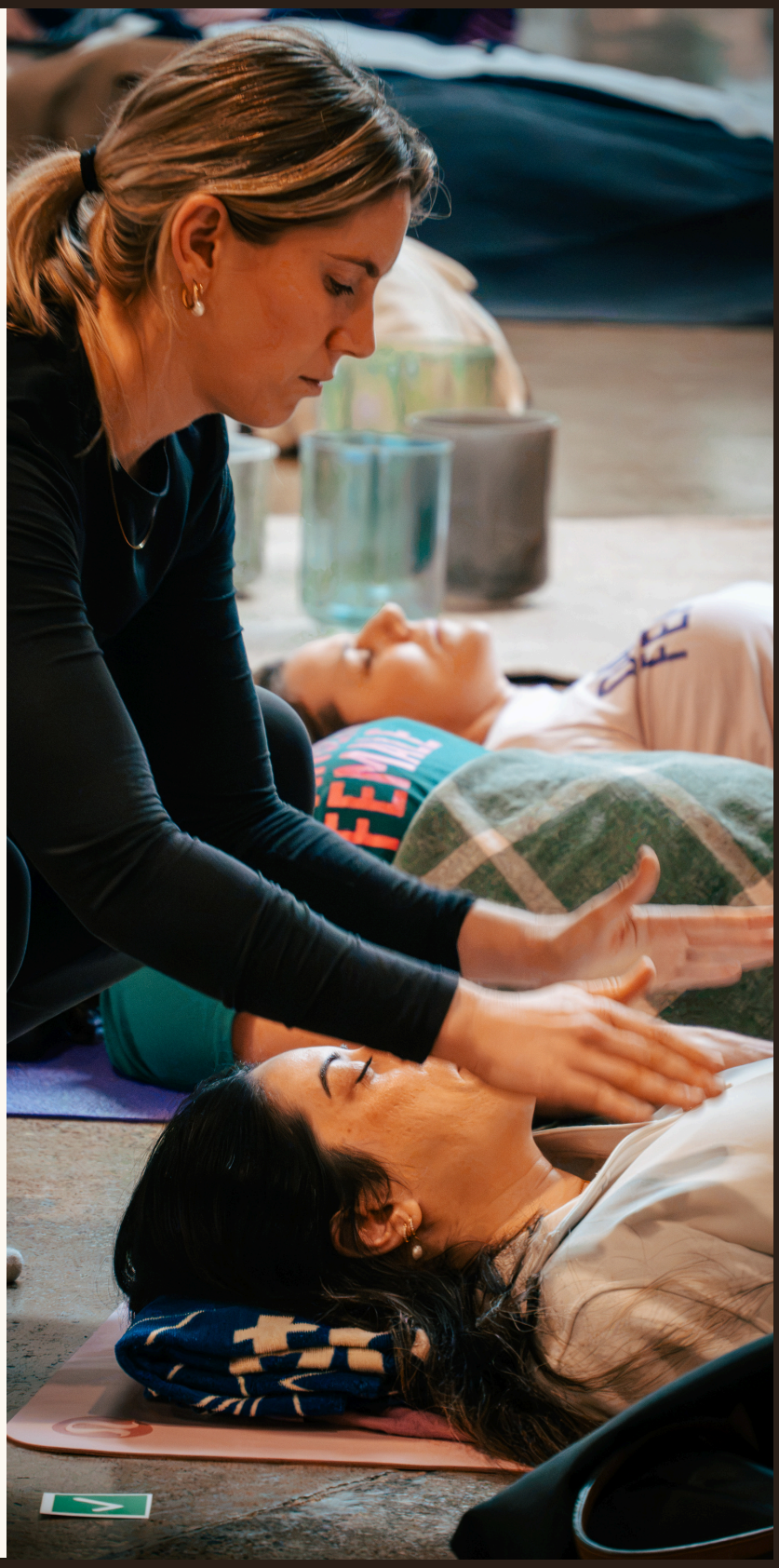
- **Wellness Professionals:** Perfect for yoga teachers, pranayama instructors, therapists, psychologists, coaches, stress-management professionals, and holistic practitioners who want to elevate their offerings with powerful breathwork tools.

- **Career-Changers Seeking Meaningful Work:** Ideal for anyone feeling called to transition into a purpose-driven, heart-centered career that genuinely makes an impact.

- **Individuals Seeking Personal Growth:** For those drawn to deep transformation, embodiment, and self-discovery through the breath.

"Within weeks, I was ready to start sharing what I had learned. Kate is not only highly knowledgeable but also incredibly supportive."

Tijan Marei, 2024 Graduate



ibf INTERNATIONAL BREATHWORK FOUNDATION

CMA THE COMPLEMENTARY MEDICAL ASSOCIATION

CMA ACCREDITED COURSE

PRANABEAT

What Past Students are Saying...

"Kate provided outstanding support throughout the entire course. Feedback was always quick and consistent, whether through message or email. She encouraged us to ask questions during online sessions, creating opportunities to reflect on topics as needed. The support was seamless and made the learning experience truly exceptional!"

- Christian Manthey, 2024 Graduate -

"My experience with the PRANABEAT Breathwork Facilitator Training brought me into profound alignment - not only with myself and my journey but also with the foundational knowledge that instilled in me confidence to hold and share this exceptional space for self-work, awareness, acceptance, and the feeling of coming home. Kate has a remarkable gift for guiding each participant toward their strengths, fostering the growth of their unique teaching style and allowing it to truly blossom."

- Julia Fischer, 2024 Graduate -

"Training with Kate was a transformative journey. Her way of teaching conscious connected breath is both grounded and heart-centered. Kate creates a safe, supportive space where learning flows naturally. The materials were beautifully curated and easy to follow, making even the deeper concepts accessible and inspiring. I felt truly held throughout the process, and left the training feeling confident, prepared, and deeply connected to my own breath and purpose."

- Annalisa Fiorillo, 2025 Graduate -

"The training with Kate came into my life at the perfect moment. Everything I learned, I was able to immediately apply to my own emotional world - and in doing so, I directly experienced the power of the techniques. What stood out to me was the thoughtful structure of the training: clear, practical, and at the same time deeply transformative. Throughout the entire process, Kate guided us with so much heart, wisdom, and presence - always supportive and deeply compassionate. These three months were more than just a breathwork training; it was a personal journey of insight and transformation."

- Anne-Kathrin Vitt, 2025 Graduate -

"My experience with the PRANABEAT Breathwork Facilitator Training was an unique period in my life, professionally well structured, communicated and organized. Kate created a safe and welcoming set up, always willing to listen, support and adjust where needed. Information and lectures had been professionally prepared, shared and conducted. All in all an amazing experience. I can only highly recommend this training to anyone interested in learning more about breathwork but also looking for personal growth."

- Kwon Kim, 2024 Graduate -

"If you're on the fence about training - say YES because it's the best thing you'll ever do. Thank you Kate, Madeleine and Caro for your guidance, presence and advice - I'm so very very grateful!"

- Charlotte Cullen, 2026 Graduate -

"I can honestly say that the framework of this course is in a league of its own. The structure is exceptional, clearly reflecting a depth of knowledge, care, and expertise that went into its creation. Each layer builds seamlessly on the last, resulting in the most effective and transformative learning experience I've ever had.

- Kim Gaham, 2026 Graduate -

"I learned so much about myself, about the body, and about the profound power of breath as a tool for transformation. The kind of learning that doesn't just make you a better facilitator - it changes you as a person."

- Harriet Benjamin, 2026 Graduate -

What You'll Learn

- **Conscious Connected Breathwork Techniques:** Master the PRANABEAT Method's core practice - fostering resilience, emotional balance and personal transformation.
- **Anatomy & Physiology of Breathing:** Understand the mechanics and science behind breathwork and the nervous system.
- **Polyvagal Theory & Vagal Toning Techniques:** Explore the nervous system's role in emotional regulation and somatic release.
- **Trauma-Informed Facilitation:** Develop a deep understanding of trauma-aware principles and how to apply them safely and ethically in every session you hold.
- **Functional Breathwork Techniques:** Explore foundational functional breathwork to further support and complement your clients' journeys.
- **Safe Space Facilitation:** Develop the skills to hold space safely, inclusively and effectively for individuals and groups.
- **Intervention & Hands-On Assists:** Gain practical tools including conscious touch and somatic techniques for supporting clients during sessions.
- **Music Curation:** Learn to create intentional, emotive playlists that deepen and enhance the breathwork experience.
- **Session Sequencing & Thematic Design:** Learn how to structure and theme powerful sessions that leave a lasting impact.
- **Career Launch Guidance:** Receive practical support and business foundations to confidently launch your journey as a certified PRANABEAT Method Facilitator.

"I really appreciated the in-depth understanding of the physiology. I had no clue about any of it to begin with, and it was wonderful to finish feeling confident in this knowledge. It also gave me an extra connection with my breath through understanding the why behind it. It was such a beautiful combination of gentle, supportive energy clearly backed by deep knowledge and professionalism, which helped us all feel safe and like we were in the right place."

Georgia Lewis, Australia • 2026

Program Format

Online Learning Modules Weekly: content delivered through our advanced Learning Management System (LMS), including pre-recorded lectures, lessons and workshops. Each week includes revision tasks and a test-out assessment before progressing to the following week.

Weekly Live Sessions - Wednesdays at 18:30: Alternating between live guided breathwork and practice teaching sessions, led by Kate and the PRANABEAT Master Tutors. All sessions are recorded for later viewing.

Bi-Weekly Live Q&A: Sundays Hosted by Kate, timed to suit Australian evenings and UK & EU mornings. Bring your questions, receive guidance and connect with your cohort. All Q&As are recorded and available to watch back.

Practice Teaching with Detailed Feedback: Complete structured practice teaching in two formats - online facilitation and in-person facilitation, where you bring a live participant into a real session while being observed online. Personalised feedback provided after each submission.

Weekly Tasks & Personalised Feedback: Structured weekly assignments to consolidate your learning, with feedback from the PRANABEAT training team.

Final Assessments: Two final assessments upon completing all modules — a written exam and a recorded facilitated breathwork session submitted for review by Kate and the PRANABEAT Master Tutors.

Certification Upon Completion: Graduates receive their certified PRANABEAT Method Facilitator qualification, accredited by the International Breathwork Foundation and Complementary Medical Association.

Live Session Times

Wednesdays at 18:30 / 19:30 - These weekly live sessions run at **18:30 AEST; 18:30 GMT and 19:30 CET.**

Sundays - Bi-Weekly Live Q&A sessions runs at a fixed time to bring all participants together simultaneously:
🇦🇺 **19:00 AEST** - Australia 🇬🇧 **09:00 GMT** - United Kingdom 🇪🇺 **10:00 CET** - Central Europe

Please note: *when UK and European clocks go forward on 28 March 2027, their times stay the same, but the Australian Sunday Q&A shifts one hour earlier, to 18:00 AEST, for the rest of the training.*

What's Included

- **Comprehensive PRANABEAT Training Manual:** A thorough reference guide covering all modules, session templates, breath patterns, techniques and curated reading recommendations to support your ongoing practice.

- **2 x 30-Minute 1:1 Mentorship Calls with Kate:** Two dedicated one-on-one calls throughout your training - one focused on your teaching development and one on refining your facilitation style. Ensuring you feel seen, supported and set up for success.

- **Mentorship & Support Throughout:** Continuous guidance from Kate and the PRANABEAT Master Tutors via live sessions and Q&As.

- **Access to the Full PRANABEAT Practice Library:** A rich library of sessions from Kate and the PRANABEAT Master Tutors for ongoing inspiration and development.

- **Curated PRANABEAT Breathwork Playlists:** Access Kate's personally curated breathwork playlists for inspiration and to support your facilitation practice - available on Spotify.

- **Certification Upon Successful Completion:** Your certified PRANABEAT Method Facilitator qualification, accredited by the IBF and CMA.

- **Permanent Access to the PRANABEAT Learning Management System (LMS):** Revisit all course content, lectures, workshops and resources whenever you need - your learning never stops.

- **The PRANABEAT Graduate Community:** Stay connected long after graduation through the dedicated LMS community board - a beautiful, supportive space to connect with fellow graduates, Kate and the PRANABEAT Master Tutors whenever you need inspiration, guidance or connection.

- **The PRANABEAT Training Assistant AI App:** Your personal breathwork guidance tool - get instant answers, support and information at your fingertips whenever you need it.

- **1-Year Free Access to the PRANABEAT Breathwork App (Valued at 100€):** supporting and complementing your personal breathwork practice throughout and beyond the training.

- **150€ Discount on Future PRANABEAT Trainings:** As a PRANABEAT graduate, you're part of the family - with exclusive savings on all future programs.

Common FAQ's

Do I need prior experience?
No teaching experience is required. We do recommend a session or two of breathwork beforehand, so the work is already familiar in your body.

Is it really accredited?
Yes - fully accredited by the IBF and the CMA. Your certification is internationally recognised, so you can practise with confidence anywhere in the world.

Is it genuinely trauma-informed?
Deeply. Trauma-informed facilitation runs through the entire method - from screening and contraindications to holding safe space and navigating emotional release.

Can I earn from this afterwards?
Yes - that's exactly what it's built for. You'll be equipped to facilitate one-on-one, in groups, at retreats, events, corporate settings and online, with the business foundations to launch and grow.

It's online - will I still feel connected?
That's the magic of keeping it intentionally small. Live sessions, real in-person and online practice teaching, 1:1 mentorship and a close community mean you're seen and supported the whole way through.

What if I can't pay upfront?
Flexible options are built in - a deposit to secure your place, instalments via Klarna (UK/EU) or Zip (AU), or a personal payment plan with Kate. Just ask.

Still have a question?
We'd love to hear from you - reach us any time at pranabeat.com/contact.

10 February 2027 – 28 April 2027 • Weekly Overview

Week 1 - Foundations of Facilitation *Where it all begins.*
10 Feb | Opening Practice & Community Connection
Learning Modules: Respiratory Anatomy • Role & Goals of Facilitation • Safety • Intro to CCB • Breath Forms

Week 2 - Structuring a CCB Session *Learning the architecture of a breathwork journey.*
17 Feb | Live Guided Practice
21 Feb | Live Q&A Session and Community Connection
Learning Modules: Physiology of Breathwork • How to Structure a CCB Session • Physical Symptoms

Week 3 - The Mind-Body Connection *Where the breath meets the inner world.*
24 Feb | Live Guided Practice - Healing the Inner Child
Learning Modules: The Link Between Breathwork and Emotions • Forming Subconscious Beliefs • The Autonomic Nervous System

Week 4 - Creating Music for Breathwork & Pendulation + Facilitation Practice Begins *Step into the driver's seat.*
3 March | Group 1 Facilitates **(Mandatory Attendance)**
7 March | Live Q&A and Community Connection
Learning Modules: Pendulation in Somatic Therapy and Breathwork • Creating Music for Breathwork

Week 5 - Hands-On Assists & Grounding Practices + Facilitation Practice *Refining your touch and your presence.*
10 March | Group 2 Facilitates **(Mandatory Attendance)**
Learning Modules: Using Hands-On Assists in Breathwork • Grounding Practices

Week 6 - Trauma in Breathwork & Functional Breathing + In-Person Facilitation Practice *Deepening the work*
17 March | In-Person Practice Teaching with Guest & Hands-On Assists **(Mandatory Attendance)**
21 March| Live Q&A and Community Connection
Learning Modules: Trauma through the Lens of Breathwork • Functional Breathing Basics

Week 7 - Teaching in Different Environments *Expanding where, and how, you can hold space.*
24 March | Live Guided Practice - Healing Generational Trauma
Learning Modules: Incorporating Other Modalities with Breathwork • Teaching in Corporate, 1:1, Events & Inclusivity

Week 8 - Facilitation Practice + Case Study 1 *Stepping fully into the role.*
31 March | Group 1 Facilitates **(Mandatory Attendance)**
4 April | Live Q&A and Community Connection
Learning Modules: Facilitation Video Submission + Case Study 1 Due

Week 9 - Facilitation Practice + Case Study 2 *Deepening your craft through repetition.*
7 April | Group 2 Facilitates **(Mandatory Attendance)**
Learning Modules: Facilitation Video Submission + Case Study 2 Due

Week 10 - Real-World Application + In-Person Facilitation Practice *Bringing your work to the world.*
14 April | 90-Minute Practice Facilitation + Live Feedback **(Mandatory Attendance)**
18 April | Live Q&A and Community Connection
Learning Modules: Starting Out as a Facilitator & Guidance on Starting Your Career

Week 11 - No Classes / Study and Assessment time
Self Study & assessment period.
Learning Modules: Final written exam + final teaching video submission (due 25th April)

Week 12 - Closing Week *Completion, integration, and what comes next.*
28 April | Final Practice and Closing Circle

Please note: schedule does not reflect other tasks outside of lectures and guided practices such as revision tasks, reading, and some practice teaching tasks

About Your Trainer: Kate Robinson

Kate is a powerful, heart-led teacher internationally recognised for her unique ability to weave science, spirituality and somatic wisdom into deeply transformative breathwork experiences.

Holding a BA in Applied Medical Sciences, a Graduate Diploma in Psychology, and certifications in Integrative Somatic Trauma Therapy, Mindfulness and Advanced Yoga, she brings a rare combination of scientific grounding and intuitive depth to everything she teaches.

As a Breathwork Facilitator trained in traditional Pranayama, Functional Breathing and Conscious Connected Breathwork, Kate integrates lineage-based practices with modern evidence-based techniques - making her sessions both accessible and profoundly impactful.

Founder of the PRANABEAT Method and PRANABEAT Breathwork App, Kate is also proudly sponsored by Nike as a Breathwork and Meditation Coach. She has facilitated for world-recognised brands including Nike, Fabletics, Ticketmaster and Live Nation - a testament to her standing in the global wellness space.

Having led multiple sold-out rounds of this training, Kate is known for creating a warm, trauma-informed and empowering learning environment. Her graduates consistently describe her teaching as life-changing - grounded, emotionally safe and filled with clarity, integrity and heart.

Find Kate's on Instagram → @rewire_with_kate

Your PRANABEAT Master Trainers

Originally from Colorado, Madeline brings a rare blend of structure, precision and heart to the world of breathwork. Her background as Head Trainer for Cycle instructors in Berlin shaped her into a skilled mentor, known for her sharp eye, attention to detail, and ability to fine-tune facilitators into confident, impactful teachers.

With multiple movement-based certifications, Reiki I, and years of nervous-system centred study, Madeline weaves together a grounded and intuitive approach to teaching. For her, breathwork is a homecoming, a doorway into our wisest, most connected selves.

As a Master Trainer with PRANABEAT, Madeline guides live breathwork sessions and works closely with students during practice teaching, observing, refining and offering precise, personalised feedback to help each facilitator grow into their fullest expression.

Find Caro on Instagram → @_caroklee

Berlin-based breathwork facilitator, DJ and indoor cycling instructor, Caro brings a gentle, heart-centred presence to everything she teaches. Her deep intuition for music and sound shapes every session she leads, drawing on how rhythm, emotion and breath weave together to open the body and support meaningful release.

After years of feeling disconnected from herself, breathwork became the tool that brought Caro home. That lived experience now informs the way she holds space for others, with warmth, authenticity and an unwavering dedication to her students' growth.

As a Master Trainer with PRANABEAT, Caro guides live breathwork sessions and works closely with students during practice teaching, observing, refining and offering personalised feedback to help each facilitator grow into their fullest expression.

Your PRANABEAT Master Trainers

Eden is a breathwork facilitator from the UK who has spent the last seven years travelling the world, exploring healing practices, personal development, and embodied modalities. Along the way, he has facilitated breathwork and yoga in retreats, communities, festivals, and online spaces while studying a wide range of approaches to healing and transformation.

Having witnessed firsthand the profound impact breathwork can have on people's lives, Eden is passionate about supporting the next generation of facilitators to step into this work with confidence and authenticity.

After many years exploring the spiritual dimensions of breathwork, he now brings a grounded, nervous system-aware, and trauma-informed approach to his facilitation.

After graduating with PRANABEAT, he felt a deep resonance with its emphasis on safety, science, integrity, and nervous system awareness, and is honoured to support students as they develop into skilled and compassionate facilitators.

Find Eden on Instagram → @eden_align

Your Certification

Upon completion of all mandatory coursework and your final assessment, you will be fully **certified as a Conscious Connected Breathwork Facilitator** - a qualification that is **internationally recognised and globally accredited**, giving you the credibility to practice with confidence anywhere in the world.

This training is different. It's not a weekend crash course promising depth it can't deliver - it's a comprehensive program designed to develop skilled, knowledgeable, and confident facilitators who lead with both integrity and heart.

You'll learn the foundations of safe facilitation through the lens of physiology, neuroscience, trauma-awareness, and somatic principles - all while keeping the process engaging, transformative, and genuinely fun.

PRANABEAT is a proud Organizational Member School of the **International Breathwork Foundation (IBF)**, and our Facilitator Training is fully accredited by the **Complementary Medical Association (CMA).**

Ready to Join Us?

This training is intentionally kept small - **limited spaces available worldwide** - to ensure every participant receives the depth of mentorship, feedback and personal attention this work deserves.

If you feel called to this journey, we'd love to welcome you in.

Your Investment in the PRANABEAT Method Certification

Early Bird, enrol by 10 January 2027 and save $500:

$3,500 AUD | £1,800 GBP | €2,100 EUR

Full tuition, from 10 January 2027:

$4,000 AUD | £2,100 GBP | €2,400 EUR

Deposit to secure your space:

$1,000 AUD | £550 GBP | €600 EUR

Pay the balance any time before we begin on 10 February 2027.

Prices are fixed in your own currency, so you pay exactly what you see at checkout, with no conversion surprises. Flexible payment plans are available: Klarna (UK/EU) or Zip (AU) at checkout, or a personal plan with Kate. Prefer a bank transfer? Just ask and we'll send an invoice with your local details.

How to Enrol

1. **Secure your space with the full tuition or the deposit, via:**
   - Online at pranabeat.com - pay in full or secure your place with a deposit
   - Instalments via Klarna (UK/EU) or Zip (AU) at checkout
   - Prefer a personal plan or bank transfer? Just email us
2. **Have a question first?** We'd love to hear from you at **info@pranabeat.com**.

A Note from Kate

"This training is something I've poured my heart into - it's the program I wish I'd had when I first started. If you're feeling the pull, trust it. I can't wait to meet you."

Secure your space