

2-Day Integrative Breathwork Workshop for Physical Therapists

Restoring Function Through Breath – Science-Backed Somatics for Modern Rehab

Course Description

This immersive 2-day workshop bridges the principles of physical therapy with the transformative science of breathwork. Designed specifically for licensed physical therapists, this training explores how intentional breathing patterns influence musculoskeletal function, myofascial tension, neuromotor control, autonomic regulation, and pain perception.

Participants will engage in hands-on practice, explore breath-based clinical applications, and experience guided breath journeys aimed at nervous system reset, emotional release, and physical rehabilitation. You'll gain tools to help patients unlock mobility, reduce chronic tension and pain, accelerate postural re-education, and enhance overall treatment outcomes.

By integrating breathwork into your PT toolkit, you'll amplify somatic awareness, support neuroplasticity, and optimize recovery—while also learning breath practices for your own professional resilience and wellbeing.

Rooted in contemporary neuroscience and evidence-based rehab strategies, this workshop is both a personal and clinical evolution.

Program Objectives

General:

- 1. Understand the Physiology of Breathing**

Learn the basic anatomy and physiology of respiration, including diaphragm function, gas exchange, and autonomic regulation.

- 2. Explore the Science of Breath**

Examine how breathing patterns affect heart rate variability (HRV), vagal tone, stress hormones, and neuroplasticity.

- 3. Differentiate Between Functional and Dysfunctional Breathing**

Identify common dysfunctional breathing patterns (e.g., chest breathing, mouth breathing) and their physiological consequences.

4. Learn and Practice Key Breathing Techniques

Experience diaphragmatic breathing, box breathing, coherent breathing, and alternate nostril breathing.

5. Experience Breath-Induced State Shifts

Participate in guided breathwork sessions to explore altered states of consciousness, relaxation, and emotional release.

6. Develop Breath Awareness and Body Connection

Cultivate mindfulness and somatic awareness through breath-focused body scans and movement.

7. Understand the Role of Breath in Emotional Regulation

Learn how conscious breathing modulates the limbic system and supports emotional resilience.

8. Introduce Breathwork and the Nervous System

Discuss the role of the breath in shifting between sympathetic and parasympathetic states.

9. Explore Historical and Cross-Cultural Practices

Gain insight into breath practices from yoga, qi gong, TCM, and indigenous traditions.

10. Foster Group Connection and Safety

Establish trust and rapport to support vulnerability and transformation in a safe group setting.

Objectives for Physical Therapists

1. Integrate Breathwork into Functional Movement Training

Learn how breath influences posture, core stability, and motor coordination in clinical rehab.

2. Use Breath for Pain Management and Downregulation

Apply breath techniques to reduce sympathetic dominance, tension, and chronic pain perception.

3. Enhance Pelvic Floor and Diaphragm Synergy

Understand the role of breath in lumbopelvic stability, pelvic health, and core rehabilitation.

4. Assess Breathing Patterns in Patients

Learn observational and manual techniques to identify dysfunctional breathing in orthopedic and neurological populations.

5. Apply Breath in Manual Therapy and Mobilization

Use breath to assist with fascial release, neuromuscular relaxation, and patient trust-building.

6. Incorporate Breath in Postural Retraining

Align breath with spinal mechanics, shoulder positioning, and kinetic chain activation.

7. Educate Patients on Self-Regulation Through Breath

Teach practical techniques that empower patients to reduce stress, manage flare-ups, and improve sleep.

8. Explore Breath and the Vestibular System

Use breath to support grounding, dizziness, and nervous system recalibration.

9. Bridge Breath and Biofeedback Tools

Learn how to integrate breathing with HRV monitoring or EMG in a clinical setting.

10. Meet Ethical and Scope-of-Practice Guidelines

Understand how to ethically use breathwork within PT licensure frameworks and refer when appropriate.

2-Day Breathwork Workshop Curriculum

Overview

- **Duration:** 2 Days (9:00 AM – 5:30 PM each day)
 - **Audience:** licensed Physical Therapists and licensed acupuncture physicians
 - **Format:** Lectures, experiential labs, group discussion, integration practices
-

Day 1: Foundations of Breath & Self-Regulation

Module 1: Breathwork Fundamentals

Time: 9:00 AM – 10:30 AM

Lecture Topics:

- Anatomy of the breath: diaphragm, lungs, intercostals, CO₂/O₂ exchange
- Parasympathetic vs. sympathetic breathing
- The breath-body-emotion connection

Experiential:

- Seated breath awareness
- Diaphragmatic breathing practice

Competency Check:

- Identify 3 signs of dysfunctional breathing
 - Demonstrate proper diaphragmatic breath
-

Module 2: Breath & the Nervous System

Time: 10:45 AM – 12:00 PM

Lecture Topics:

- Vagal tone, heart rate variability, and neuro-regulation
- Breath's effect on stress hormones and limbic system

- Trauma-informed breathwork

Experiential:

- Coherent breathing practice (5.5 breaths/min)
- Box breathing & vagus nerve activation

Competency Check:

- Describe how breath modulates the vagus nerve
 - Perform a 4x4 box breathing cycle
-

Module 3: Breathing Through the Lens of Eastern & Western Medicine

Time: 1:00 PM – 2:15 PM

Lecture Topics:

- Qi, prana, breath in TCM and yogic philosophy
- Integration with modern neuroscience
- Concept of energy blockages and somatic memory

Experiential:

- Alternate nostril breathing (Nadi Shodhana)
- Somatic breathing meditation

Competency Check:

- Explain differences between diaphragmatic and alternate nostril breathing
-

Module 4: Emotional Release & Breath-Induced State Shifts

Time: 2:30 PM – 4:00 PM

Lecture Topics:

- The science of catharsis
- Brainwave states and breath (theta, alpha, gamma)
- Safety in emotional release

Experiential:

- Guided breath journey (alpha/theta inducing)
- Sound + breath integration (music curation)

Competency Check:

- Recognize safe indicators for emotional release
 - List 2 post-journey grounding techniques
-

Module 5: Integration & Journaling

Time: 4:15 PM – 5:30 PM

Practices:

- Reflection prompts
- Partner sharing
- Integration movement (gentle yin / qigong)

Assessment:

- Written reflection (guided prompt)
 - Group debrief: key learning & insights
-

Day 2: Clinical & Performance Applications

Module 6: Posture, Movement & Breath (General + PT Split)

Time: 9:00 AM – 10:30 AM

For General Participants:

- Breath-body relationship in movement and tension
- Standing postural breath scans

For PTs:

- Core activation, pelvic diaphragm, thoracic mobility
- Breath cueing in functional movement assessment

Competency Check:

- Assess breathing patterns in posture
 - Teach breath cues in squat or pelvic tilt
-

Module 7: Breathwork in Chronic Pain & Somatic Healing

Time: 10:45 AM – 12:15 PM

Lecture Topics:

- Breath and pain perception
- Breath for downregulating central sensitization
- Trauma-informed somatic release

Experiential:

- 3-part breath + vocal toning
- Guided body scan with somatic breath

Competency Check:

- Explain breath-pain modulation model
 - Role-play instructing breath for chronic LBP
-

Module 8: High-Performance & Respiratory Conditioning

Time: 1:15 PM – 2:30 PM

Lecture Topics:

- CO₂ tolerance, VO₂ max, and respiratory muscle training
- Performance states and breath

Experiential:

- CO₂ tolerance test
- Breath-hold ladders

Competency Check:

- Perform and interpret a CO₂ tolerance score

- Recommend breath routine for endurance athlete
-

Module 9: Developing a Daily Breath Practice

Time: 2:45 PM – 4:00 PM

Topics:

- Morning/evening routines
- Breath journaling
- Tracking HRV & nervous system recovery

Experiential:

- Design-your-practice workshop
- Myofascial release + breath

Assessment:

- Create a 7-day practice plan with intentions, techniques, and tracking
-

Module 10: Final Integration & Certification Review

Time: 4:15 PM – 5:30 PM

Practice:

- Full breathwork journey (guided with music + release)
- Closing circle: intentions, shares, insights

Final Competency Assessment:

- Multiple-choice and short-answer quiz (anatomy, technique, clinical use)
 - Demonstrate 3 techniques with modifications for diverse needs
-

TOTAL CE's: 15