

2-Day Integrative Breathwork Workshop for Physical Therapists

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

15 CEs for PTs, PTAs, APs

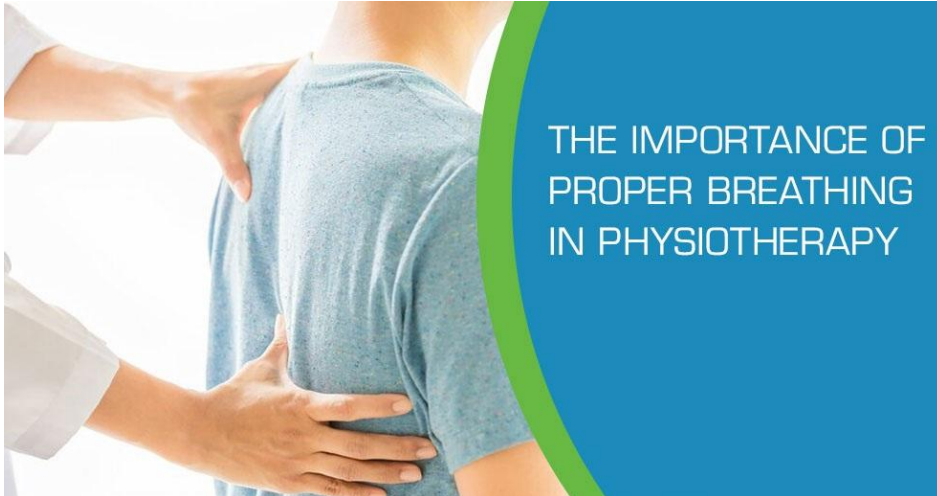
Course Description

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.



July 12 & 13, 2025 OR

September 20-21, 2025

Location: Elite Physical
Therapy & Associates LLC

410 S. Nova Rd., suite 2,

Ormond Beach, FL

This course is intended for beginners and clinicians
with intermediate experience in breathwork.

Scan the QR code for Course Objectives, Course
Outline, Registration and Payment. Only 24 spots
available.

