

BECOME A BREATHWORK COACH

Breathwork, Nervous-System Regulation & Instinct Field Practice

IFTA CERTIFIED TRAINING PROGRAMME

A practical professional pathway for learning breathwork science, adaptive breathing protocols, emotional regulation, environmental breathwork, performance preparation and structured coaching sessions.

20 HOURS GUIDED COURSE | 40 HOURS APPLIED STUDY | 60 HOURS TOTAL LEARNING

Online Course £49.99 | One-to-One Professional Coaching Programme £1,000

For Daily Living
www.fordailyliving.com

A Modern Breathwork Coaching Pathway

Breathing as a practical skill for everyday life, work, recovery and performance

This course develops a broad breathwork skill set rather than teaching one breathing routine for every situation. Students learn how physiology, attention, movement, emotion and environment interact, then how to select and coach appropriate breathing protocols for the person and situation.

WHY THIS APPROACH

The For Daily Living material organises breathwork around regulation, activation, decompression, recovery, performance, environmental awareness and state transition. The aim is adaptable coaching rather than a single fixed method.

Who the course is for

- Career changers looking to build a professional wellness service.
- Existing coaches, hypnotherapists, fitness professionals and wellbeing practitioners adding breathwork to their work.
- Managers, leaders and business owners who want practical regulation and performance tools for workplace environments.
- Sports, exercise and performance coaches interested in breathing, focus, readiness and recovery.
- People building an online or hybrid breathwork coaching business.

Course Time & Study Commitment

Guided course	20 hours of structured video lessons, demonstrations and taught protocols.
Independent study	20 hours reading, note-taking, reflection and workbook activity.
Practical application	15 hours practising breathing systems, coaching language, sequencing and session delivery.
Assessment preparation	5 hours building session plans, completing knowledge checks and preparing the final practical.
Total learning time	Approximately 60 hours.

FLEXIBLE DELIVERY

Study online at your own pace or take the one-to-one professional coaching pathway with private trainer sessions, guided practice, feedback and certification preparation.

Suggested study pattern

- Fast track: 4-6 weeks with regular weekly study and practice.
- Standard: 8-12 weeks alongside work or family commitments.
- Practitioner development: continue using the protocol library and practice logs after certification.

Course Syllabus - Foundations

Module 1 - The Breathwork Coach	Role, coaching mindset, professional scope, client-centred delivery and the For Daily Living approach.
Module 2 - Respiratory Anatomy	Lungs, diaphragm, breathing mechanics, posture and efficient respiratory movement.
Module 3 - Oxygen & Carbon Dioxide	Gas exchange, CO2 regulation, over-breathing, breathing urgency and the purpose of controlled pacing.
Module 4 - Nervous-System Regulation	Breathing, autonomic regulation, stress response, recovery and state transitions.
Module 5 - Timing & Rhythm	Inhale/exhale relationships, cadence, pacing, gradual progression and matching rhythm to purpose.
Module 6 - Regulation Breathing	Foundation regulation, extended exhale, decompression and restoring a steadier baseline.
Module 7 - Activation & Readiness	Controlled activation for focus, work, presentations, movement, leadership and performance.
Module 8 - Emotional Regulation	Breath and emotional load, recovery after difficult situations, awareness and safe emotional pacing.
Module 9 - Breath Retention	Short controlled holds, CO2 tolerance concepts, adaptation, comfort, observation and conservative progression.

Course Syllabus - Applied Coaching

Module 10 - Environmental Breathwork	Using space, nature, airflow, sound, movement and sensory rhythm as part of regulation.
Module 11 - Instinct Field Breathing	Breath, instinctive signals, rhythm conversion, awareness and structured state change.
Module 12 - Awareness Placement	Internal and external awareness, attentional widening, grounding and whole-body mapping.
Module 13 - Movement & Cadence	Walking, posture, structural breathing, synchronisation and performance rhythm.
Module 14 - Sleep & Recovery	Evening decompression, sleep-transition breathing, recovery pacing and sustainable routines.
Module 15 - Situational Breathwork	Applying breathwork before meetings, interviews, difficult conversations, exercise, travel and high-demand moments.
Module 16 - Session Design	Assessment of current state, protocol selection, sequencing, coaching cues, reassociation and review.
Module 17 - Safety & Boundaries	Comfort-first practice, stopping rules, emotional overwhelm, screening, referral and staying within coaching scope.
Module 18 - Build the Practice	Offer design, target audience, pricing, online sessions, packages, client journey, visibility and a 90-day launch plan.

What You Learn to Coach

- Regulation and decompression after busy or emotionally demanding periods.
- Focus and readiness before work, meetings, interviews, presentations and study.
- Breathing for sport, exercise, pacing, recovery and flow preparation.
- Sleep-transition and evening recovery routines.
- Digital fatigue, screen overload, posture compression and attention narrowing.
- Environmental breathing using walking, natural settings, open space, rhythm and sensory awareness.
- Emotional carryover, frustration, pressure and post-conversation recovery.
- Breathing routines that can be integrated into everyday life instead of existing only as isolated exercises.

ADAPTIVE COACHING

Students learn to identify the demand first, then choose a breathing pattern, pace and environment that fit the client. Regulation, activation, recovery and performance require different approaches.

A simple session structure

1. Recognise	What is happening now? Breathing pattern, posture, emotional load, attention and environment.
2. Regulate	Establish a comfortable baseline and reduce unnecessary respiratory urgency.
3. Direct	Choose the appropriate awareness, rhythm, environment and breathing protocol.
4. Apply	Practise the breathing method in relation to the real-life situation.
5. Integrate	Return to normal breathing, review the experience and create a repeatable routine.

Certification & Course Outcomes

IFTA Certified Breathwork Coach

On successful completion, students receive an IFTA Breathwork Coach certificate issued by the Instinct Field Training Academy.

Assessment pathway

- Complete the core learning modules and knowledge checks.
- Maintain a practical breathwork study and reflection log.
- Create three structured breathwork coaching plans for different client situations.
- Complete a final written knowledge assessment.
- Demonstrate a structured coached breathwork session and explain protocol choice, pacing, safety and integration.

By the end of the course, you should be able to

- Explain core respiratory mechanics and the role of oxygen, carbon dioxide, rhythm and the nervous system.
- Select breathing approaches for regulation, activation, recovery, attention and performance.
- Guide clients through comfortable, structured breathwork sessions.
- Integrate environmental awareness, movement, Instinct Field principles and situational coaching.
- Recognise when a session should be modified, stopped or referred to an appropriately qualified professional.
- Package breathwork into a professional coaching service for individuals, groups or workplace settings.

CERTIFICATION SCOPE

IFTA certification is a private training certification in breathwork coaching and wellbeing education. It is not a medical, psychological or respiratory-therapy qualification.

Where These Skills Can Be Used

Individual coaching	Stress management, focus, confidence, daily routines, sleep preparation and personal wellbeing.
Workplace wellbeing	Meetings, communication, pressure management, decompression, concentration and recovery.
Leadership	Composure, readiness, decision-making, presentation preparation and communication under pressure.
Sport & exercise	Pre-performance readiness, cadence, focus, recovery and controlled activation.
Business owners	Personal regulation plus an additional skill that can be introduced into teams, training and client services.
Online coaching	One-to-one Zoom sessions, short power sessions, packages, workshops and digital programmes.
Group delivery	Wellness workshops, staff development sessions, clubs, community groups and educational settings.
Eight Pillars pathway	Breathwork can stand alone or combine with other For Daily Living pathways such as hypnosis, life coaching, sleep, meditation and performance.

PEOPLE MANAGEMENT VALUE

Breathing skills can be taught in real environments: before difficult conversations, during workload pressure, after conflict, before presentations and during the transition from work into recovery.

Build a £100K-a-Year Breathwork Coaching Business

A simple service model - the maths, not a promise

$$\text{£100} \times 21 \text{ CLIENTS} \times 48 \text{ WEEKS} \\ = \text{£100,800 GROSS ANNUAL REVENUE}$$

WHAT 21 CLIENTS CAN LOOK LIKE

Approximately 4-5 sessions per working day across a five-day week, or a different mix of one-to-one coaching, packages, workshops, short sessions and digital products.

Potential business audiences

- Busy professionals and business owners.
- Career changers and people developing resilience or focus routines.
- Managers, teams and workplace wellbeing clients.
- Sports and exercise clients.
- People seeking sleep, decompression and everyday regulation routines.
- Existing coaching clients who want a practical body-based skill alongside their wider development work.

Important: £100,800 is an illustrative gross-revenue model based on the stated session price, client volume and working weeks. Actual fees, demand, costs, cancellations, taxes and income vary.

Choose Your Training Route

ONLINE COURSE - £49.99	Complete the guided course, study material, practical exercises and certification assessment pathway at your own pace.
ONE-TO-ONE PROGRAMME - £1,000	Ten private 60-minute online training/coaching sessions, course access, guided practice, feedback, business positioning and certification preparation.

What is included

- Structured Breathwork Coach syllabus and guided training.
- Core science, regulation, environmental, Instinct Field and performance modules.
- Practice exercises and session-building activities.
- Business setup and £100/hour service model.
- IFTA certification assessment route.
- Ongoing reference to the For Daily Living breathwork training materials and protocol library.

BUILD A PRACTICAL WELLNESS SKILL

Learn the science. Practise the protocols. Coach the person in front of you. Build a service that can be delivered online, in workplaces, in performance settings or as part of a wider wellness business.

FOR DAILY LIVING

www.fordailyliving.com

Instinct Field Training Academy - IFTA

Wellbeing & scope note: This training is educational and wellbeing-focused. Breathwork coaching does not diagnose or treat medical or psychiatric conditions. Coaches should use appropriate screening, comfortable pacing, clear stopping rules and referral where specialist clinical care is needed.