

SKILLS YOU CAN TRUST RESULTS THEY CAN FEEL

LIMITLESS FLOW BREATHWORK FACILITATOR CERTIFICATION

Breathwork is powerful, but the field is crowded with undertrained facilitators and pseudo-spiritual noise. Professionals and aspiring practitioners are left searching for tools they can **trust**, skills that **work**, and a framework that keeps people **safe**. This program gives you both the **science** and the **confidence** to lead with integrity, transforming lives through results people can **feel**.

PURPOSE

Breathwork, focused on **outcomes**, through the lens of **applied physiology** and **professional mastery**.

Participants will:

- **Gain a deep understanding** of the nervous system and the principles of flow state.
- **Master safe, effective breathwork techniques** for individuals and groups.
- **Build the confidence and skill to create lasting transformation** in the real world.
- **Learn to seamlessly integrate breathwork** into diverse and dynamic professional settings.

WHO THIS IS FOR

Designed for anyone who wants to integrate breathwork with skill, safety, and confidence. Launch a career, grow a practice, or bring new tools into existing work.

- **Aspiring facilitators** ready to convert their passion for helping others into a confident, professional practice.
- **Professionals** such as therapists, teachers, HR directors, coaches, and wellness practitioners looking to utilize breathwork to serve others at deeper levels.
- **Leaders and changemakers** committed to creating lasting transformation with safe, effective, and deeply impactful breathwork.

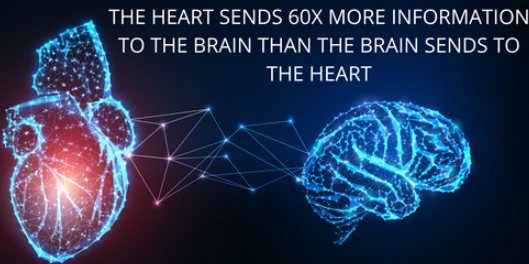
CORE CONTENT

A structured, 12-week curriculum designed to give you the knowledge, skills, and experience to confidently lead safe, impactful breathwork sessions.

- **Understand the nervous system and flow state dynamics**
 - *Learn how stress, regulation, and flow triggers shape human performance and transformation.*
- **Master safe, effective breathing techniques**
 - *Develop a toolkit of breathwork methods adaptable for individuals, groups, and virtual sessions.*
- **Develop trauma-aware facilitation skills**
 - *Build the sensitivity and awareness to guide others with precision, care, and ethical boundaries.*
- **Integrate breathwork into your practice or business**
 - *Create a sustainable pathway to serve others while growing your professional impact.*

PRACTICAL TOOLS - PROVEN SCIENCE REAL IMPACT

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THE HEART SENDS 60X MORE INFORMATION
TO THE BRAIN THAN THE BRAIN SENDS TO
THE HEART

IF YOU WANT TO CONTROL YOUR BRAIN STATE
YOU HAVE TO CONTROL YOUR HEART RATE



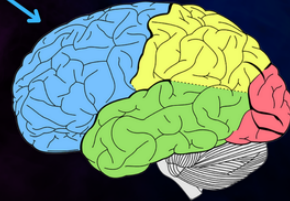
IF YOU WANT TO CONTROL YOUR HEART RATE
YOU HAVE TO CONTROL YOUR RESPIRATION

FRONTAL LOBE

Executive Functioning.

- Planning
- Problem-Solving
- Motivation
- Judgment
- Decision Making
- Impulse Control
- Social Behavior
- Personality
- Memory
- Learning
- Reward
- Attention

Function: Action
Mental & Physical



WHY IT WORKS

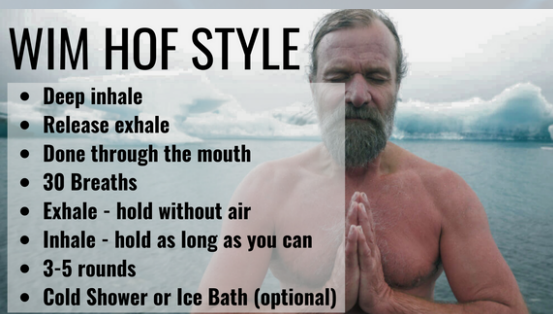
The convergence of applied physiology, nervous system regulation, and flow state science delivers tools that work anywhere, giving you bulletproof confidence backed by data for any setting or audience.

- **Physiology-driven:** Built on how the body and brain actually work.
- **Flow-focused:** Unlock high performance and deep transformation through proven triggers.
- **Versatile application:** Effective in diverse professional contexts, from individual sessions to large groups.

THE PATH TO MASTERY

You want better tools, deeper impact, and the certainty that what you're doing will work. Get the clarity and confidence to generate the results people need from you.

- **Clarity:** See exactly what's happening in the body and mind in every session.
- **Confidence:** Lead with tools and decisions you trust.
- **Credibility:** Build a reputation for skill and measurable results.
- **Impact:** Create meaningful, lasting change for those you serve.



WIM HOF STYLE

- Deep inhale
- Release exhale
- Done through the mouth
- 30 Breaths
- Exhale - hold without air
- Inhale - hold as long as you can
- 3-5 rounds
- Cold Shower or Ice Bath (optional)



CLARITY BREATH 4-4-6-2

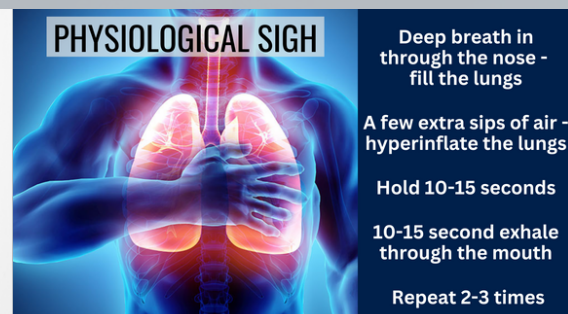
INHALE: 1 - 2 - 3 - 4

HOLD: 1 - 2 - 3 - 4

EXHALE: 1 - 2 - 3 - 4 - 5 - 6

HOLD: 1 - 2

REPEAT



PHYSIOLOGICAL SIGH

Deep breath in
through the nose -
fill the lungs

A few extra sips of air -
hyperinflate the lungs

Hold 10-15 seconds

10-15 second exhale
through the mouth

Repeat 2-3 times

PROGRAM SNAPSHOT

- 12-Week Live Zoom Training
- Weekly 90-minute sessions
- Learn through practice starting Day 1
- 3-5 hours weekly commitment
- Cohort Begins: January 2026
- Earn your Limitless Flow Breathwork Facilitator Certification (Tier 2)
- Visit [ConnectToFlow.com/bfc](https://www.ConnectToFlow.com/bfc) for tuition, payment options, and full program details

NEXT STEPS

Apply now to join the January 2026 cohort.

- Visit www.ConnectToFlow.com/bfc to complete your application.
- **Questions?** Email daveg@limitless-flow.com or call 626-825-0779.
- **Space is limited** to ensure personalized mentorship and support.