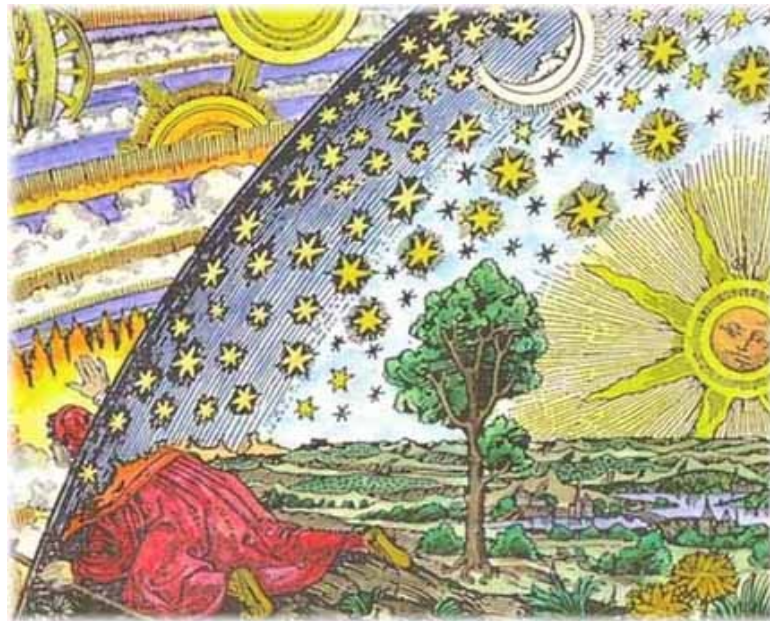




**YOU ARE INVITED TO JOIN
THE BODYMIND ACADEMY'S
TRANCE BREATHWORK 1
PROGRAM**

Replace anxiety with *relaxation*,
emotion repression with *emotion expression*,
dark night of the soul with *soul discovery & communication*



*BodyMind Trance Breathwork gives you the
energy boost of BodyMind Breathwork
plus the focusing power of BodyMind Trancework
to assist healing depression, emotional pain & relationship problems.*

*Learn Balance Breathing, the Energy Perspective and other skills that bring
balance & vitality to every area of your life.*

*The Breath & Trance skills taught in TBW1
power your Total Health Lifestyle*

*Experience Personal Healing Transformation.
Radiate confidence, energy & peace.*

This is the program you've been waiting for. It's just for you.

CALL 206-367-9060 TO ENROLL.

**LIVE YOUR AUTHENTIC LIFE
EXPERIENCE DEEP PHYSICAL, EMOTIONAL &
SPIRITUAL SATISFACTION**

Enroll in BMA'S

TRANCE BREATHWORK 1

**LIVE THE LIFESTYLE OF
PERSONAL HEALING TRANSFORMATION**

184 Credit Hours

This program gives you the time, support and tools to find out who you really are, what you can do and what you really want to accomplish in your life. It's time to feel the ground under your feet and strengthen your foundational relationship with your self. Release learning trauma & accelerate your learning. *Learn by relaxed repetition.* Free yourself from dysfunctional patterns of thought & action. Let go of your false self. Discover & live your True Self. Immediately put into practice what you are learning.

Use BodyMind Trance Breathwork to voyage within. Learn to appreciate & use, rather than repress, your emotions. Release anxiety & depression, solve relationship problems & build support systems that last. Personal Healing Transformation is available here that is unavailable elsewhere.

STOP WASTING ENERGY. BEGIN GENERATING ENERGY

Build & store energy by practicing BodyMind Trance Breathwork. Release armoring, unfinished business & move forward in your life. Get a new appreciation of who you are and how to express your talents and gifts in the world.

THE SCHEDULE

TBW 1 meets 6 weekends from September 24-November 13, 2011.

Saturday schedule: 10:30am-6:30pm. Sunday schedule: 12:30-6:30pm

Please see next page for a more detailed schedule.

Term 1, *Breathwork & Trancework*: two consecutive weekends:

Sept. 24 & 25; Oct. 1 & 2 followed by a one week break.

Term 2, *Stress & Relaxation*: two consecutive weekends:

Oct. 15 & 16; Oct. 22 & 23; followed by a one week break.

Term 3, *False Self to True Self*: 2 weekends:

Nov. 5 & 6; Nov. 12 & 13.

FACULTY

Tom Johnston, M.Ed., LMP, LMHC, RHT, TBW founded & directs the BodyMind Academy. An inspiring presenter & the creator of *BodyMind Trance Breathwork*, Tom holds a masters degree in Community Mental Health & Rehabilitation Counseling from the University of Washington. He has 32 years experience teaching & practicing holistic health therapies. He's taught the Hypnotherapy, Counseling & Breathwork Programs at the BodyMind Academy for the last 17 years. Tom's classes create Sacred Space for healing, transformation & AHA! moments that make your life work better, last longer and glow from within.

BODYMIND TBW 1 SCHEDULE

Term

1

1 False Self to True Self

Sat. 9-24-11, 10:30am-6:30pm

The Energy Perspective; Energy Sensitivity; Energy Continuum; learning, creating & healing processes; Energy States of Being; identifying false self; dysfunctional core beliefs, acts & scripts. BB1.

2 Trancework & Self Hypnotherapy

Sun. 9-25-11, 12:30-6:30pm

Resonance & suggestion; structuring successful suggestions; imagery, symbolic language; utilizing self suggestion to maximize motivation & results. Demonstration & practice. BB2; teaching BB1.

3 Breathwork & Emotional Healing

Sat. 10-1-11, 10:30am-6:30pm

Circle of Emotion; steps of emotional healing & maturity. Voice Vibration; BodyMind Witness Breathing; Touch Reassurance; getting each emotion's meaning & message; BB3; Teaching BB2.

4 Arrested & Restored Development

Sun. 10-2-11, 12:30-6:30pm

Telling & releasing your story; your false self ID; restoring development by releasing repressed emotions, changing DCBs to FCBs. false self ID reports; Case Study Reports. BB4; Teaching BB3.

2

5 Trance Guidance & Interactive Work

Sat. 10-15-11, 10:30am-6:30pm

The TBW session; interview, invitation, relaxation, induction, deepening, guidance, pathway, Inner Place of Peace; healing direction; releasing repressed emotions & unhealthy habits. BB5, teaching 4

6 Trust & Forgivenesswork

Sun. 10-16-11, 12:30-6:30pm

Inner Plane Communication; finishing unfinished business; claiming & maintaining authentic boundaries; letting go of baggage; claiming lasting forgiveness of self & others. BB6; Teaching BB5.

7 Forgivenesswork 2

Sat. 10-22-11, 10:30am-6:30pm

Rebuilding Trust that has been lost; the skill & practice of letting go; living a forgiven life; repairing your energy system; rebuilding your energy bubble; demonstration & practice. BB7, teaching BB6.

8 Inner Child Rescue

Sun. 10-23-11, 12:30-6:30pm

Contacting Inner Child, Mom, Dad; regression to inner child trauma; True Self Discovery; The Pathway to your authentic Life; True Self Celebration Reports. Case Study Reports. Teaching BB7.

3

9 Inner Child Rescue 2

Sat. 11-5-11, 10:30am-6:30pm

Somatic Bridge to traumatic incidents; building protection & support; replacing DCBs with FCBs; affects of ICR on food habits, substance abuse & unhealthy habits. Demonstration; practice.

10 Stress, Anxiety & Depression Release

Sun. 11-6-11, 12:30-6:30pm

Replacing stress triggers with breath triggers; genesis & release of anxiety & depression; address rather than repress stress; how TBW affects eating used to repress emotions; Witness Breathing.

11 Personal Healing Transformation

Sat. 11-12-11, 10:30am-6:30pm

Life Success Imagery, Energy & Plan; your time line; owning your worth and your healing; Claiming Your Authentic Life; Case Study Reports.

12 Life Purpose & Meaning

Sun. 11-13-11, 2011, 12:30-6:30pm

Future Life Vision, your relationship with your past, present, future; staying balanced & grounded; Case Study Reports. Graduation, Celebration.

BODYMIND TRANCE BREATHWORK™ THERAPY

Integrates BodyMind Breathwork & Hypnotherapy

BodyMind Trance Breathwork™ assists clients to unfreeze dysfunctional conditioning & replace it with healthy habits & communication. The result: repressed emotional baggage is released. You feel lighter, freer. You discover your ability to *release & relax* at your body's natural pace. Cells that had been suffocating are energized. Anxiety & depression dissipate. TBW helps you take steps to heal *addictions*, self sabotage & other *dysfunctional thought patterns; anxiety syndromes* such as insomnia; low self esteem & depression.

The Trance Breathwork (TBW) Program teaches you about stages of development, how emotion responses can be conditioned & how to release repressed emotions. Feelings associated with arrested development & childhood trauma are identified, felt & released. The *Trance Breathwork Program* teaches you how to create & maintain Sacred Space for healing & how to set your own process aside in order to be fully present when assisting others. It's the natural compliment to Yoga, Fitness & Nutrition, Massage & Energy Work practices. Each participant gives & receives BodyMind Trance Breathwork sessions.

LEARN THESE MODALITIES IN THE TBW PROGRAM

BodyMind Balance Breathing™

A daily practice with seven levels, each with specific health benefits that help you let go of residual stress.

BodyMind Voice Vibration

Discover your authentic voice & its power to release tension trapped in your body and mind. Enhance your ability to communicate reassurance when you deliver BodyMind TBW sessions.

BodyMind Witness Breathing

Your witness breathes with you & provides physical permission for you to voyage within, feel authentic emotions & express the truths they reveal, giving you the physical experience of your True Self.

Hypnotherapeutic Relaxation & Trance Induction

Keys to releasing fears of letting go, physical relaxation & tension release.

Hypnotherapeutic Suggestion & Trance Guidance

Delivering effective suggestions & guidance in the healing direction.

Hypnotherapeutic Imagery & Therapeutic Regression

Intuitive accessing of imagery & past formative events.

Hypnotherapeutic Inner Character Healing

Identifying major inner characters & how they can assist your healing process.

TBW CASE STUDY PROGRAM IN TBW 1, 2 & 3

Case Study practice sessions help you embody what you're learning. TBW1 students complete a four session case study with two *classmates*. TBW2 students complete case studies with two *individuals outside the class*. TBW 1 students complete their *False Self Identification Report* and their *True Self Celebration Report* as part of their coursework. TBW2 students complete their *Specialty Area Report* identifying the contribution they'd like to make and their *Practice Vision Report*, describing how they will practice what they've learned. After graduation from TBW2, your outside of class Case Study clients may become your professional clients. TBW3 students learn advanced TBW techniques & take their practice to a deeper level.

LET GO OF FALSE SELF, LIVE TRUE SELF

TRANCE BREATHWORK 1, 2 & 3

552 credit hours

TESTIMONIALS

"In a short period of time, I've learned a great deal about myself. The lessons I value most are that my emotions are not who I am and I can stop beating myself up for having them."
Kent

"I'm developing compassion and understanding for myself, becoming more aware of my true feelings & learning to be present with others."
Issaquah

"Wow. I have learned that there is hope for me. I have the ability to change the energy states I find myself in. I won't be trapped in misery forever. I can heal and truly move on. I have learned to have compassion for others."
Bremerton

"The case study sessions I completed with classmates made my learning much more real! They added a greater understanding to my healing journey."
Maple Valley

"I feel different inside. I feel less reactive. I know I am changing. For the first time in memory, I'm not thinking about killing myself. I believe I will be ok and that I will make it."
Renton

"To go back to my birth was an amazing gift. I feel like I am the 'mom and dad' of my soul. I feel grounded."
Bothell

"The case study sessions I completed with persons outside of the class helped me experience the power that Trance Breathwork delivers to anyone who needs it."
Kent



BODYMIND ACADEMY
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Kirkland, WA 98033
206-367-9060
www.bodymind-academy.com

BODYMIND ACADEMY

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