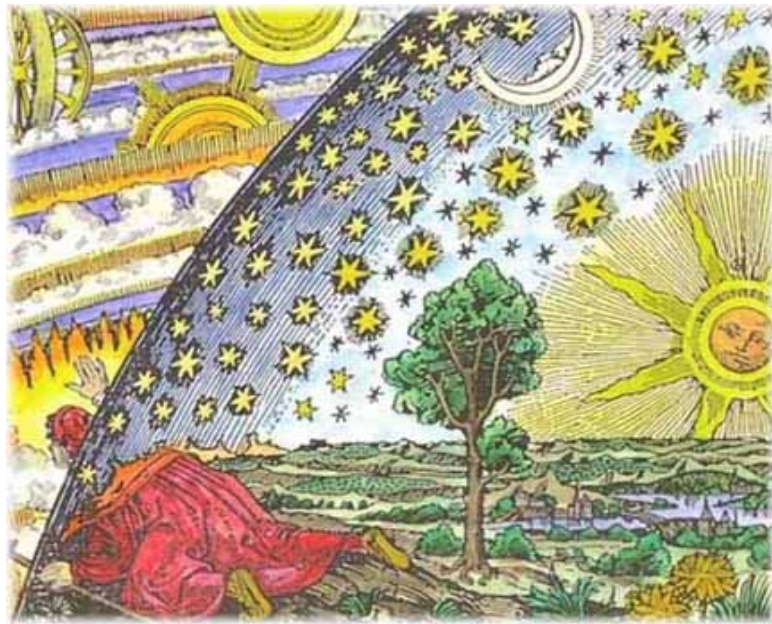




YOU ARE INVITED TO JOIN
THE BODYMIND ACADEMY'S
TRANCE BREATHWORK 2
PROGRAM

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 communication skills
that bring balance & vitality to every area of your life.*

*Radiate confidence, energy & peace.
Help others do the same.*

Practice as a Registered Hypnotherapist in Washington.

CALL 206-367-9060 TO ENROLL.

**EXPERIENCE THE SATISFACTION
LIVE YOUR AUTHENTIC LIFE**

Enroll in BMA'S

TRANCE BREATHWORK 2

PERSONAL HEALING, PROFESSIONAL CERTIFICATION

184 Credit Hours

Continue your healing as you learn to deliver TBW Sessionwork professionally. Restore arrested development & build support systems that last. Avoid projecting & projected emotions. TBW 2 gives you supervised practice as you complete Case Study sessionwork with persons outside the program. Continue your own healing & learn to facilitate BodyMind Trance Breathwork sessions to help others release repressed emotions, residual stress, anxiety & depression as well as deep physical and emotional energy blocks, unhealthy habits & addictions.

CERTIFICATION AND PROFESSIONAL PRACTICE

Addiction Release Hypnotherapist

After completing all requirements, you'll be certified as an *Addiction Release Hypnotherapist*, able to use TBW professionally to help clients release anxiety & depression, let go of addictions, heal from trauma & move forward in their lives.

THE SCHEDULE

TBW 2 meets 6 weekends from January 21 to March 11, 2012.
Saturday schedule: 10:30am-6:30pm. Sunday schedule: 12:30-6:30pm
Please see next page for more detailed schedule.

Term 1, Healing the Body: two consecutive weekends:

Jan. 21 & 22; Jan. 28 & 29 followed by a one week break.

Term 2, Healing Abuse & Addictions: two consecutive weekends:

Feb. 11 & 12; Feb. 18 & 19; followed by a one week break.

Term 3, Trauma Release & Professional Practice: 2 consecutive weekends: March 3 & 4; March 10 & 11.

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 2 SCHEDULE

Term

1

1 Inner Family Dynamics

Sat. 1-21-12, 10:30am-6:30pm

Connection & communication with the members of one's inner family to support healing. Dealing w Inner-external mom; Inner-external dad contamination. Future Pacing to check agreements. D&P.

2 Working With the Body 1

Sun. 1-22-12, 12:30-6:30pm

Inner Healer. Communicating with body parts, organs, tissues, cells, molecules, digestion, metabolism, immunity, symptoms, syndromes, diseases; chronic pain, secondary gain. IC connect. D&P.

3 Working with the Body 2

Sat. 1-28-12, 10:30am-6:30pm

Somaticized feelings; avoiding projections; acute pain; TBW anesthesia; fibromyalgia; chronic fatigue; insomnia; nail biting, IBS, AIDS, Demonstration, practice.

4 TBW & Persons Diagnosed with Cancer

Sun. 1-29-12, 12:30-6:30pm

Supporting Cancer tmt: surgery; chemotherapy, radiation, unfinished business, end of life issues; longevity, sustainable healthy lifestyles. Case Study Reports. Demo/Practice.

2

5 PTSD

Sat. 2-11-12, 10:30am-6:30pm

How traumatic memory creates PTSD symptoms; TBW PTSD release & reprogramming without retraumatizing; accessing brain neuroplasticity to replace trauma memory. Demo/Practice.

6 Panic, Phobias, OCD, Suicidal Ideation

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

Panic triggers; agoraphobia, knowitallism, perfectionism, rigidity, suicidal ideation; Obsessive/Compulsive thinking; taking charge of your thoughts, self talk, images & intuitions. D/P.

7 Substance Addictions 1

Sat. 2-18-12, 10:30am-6:30pm

Methods for addiction cessation; tobacco release; alcohol treatment programs; alcohol treatment pre & post relapse; Case Study Reports. Demonstration & Practice.

8 Substance Addictions 2

Sun. 2-19-12, 12:30-6:30pm

Food addictions: body image, emotional eating, eating disorders; supporting weight management, exercise & Total Health Lifestyle. Alcohol, drugs, cigarettes. Demonstration & Practice.

3

9 TBW & Healing Pattern Addictions

Sat. 3-3-12, 10:30am-6:30pm

Brain neuroplasticity & behavior change, workaholism, ADHD; traumatizing self talk; self sabotage, anger management; gaming, internet & sexual behavior addictions. D/P.

10 TBW & Healing Abuse & Trauma

Sun. 3-4-12, 12:30-6:30pm

Sex abuse; physical abuse, emotional abuse, verbal abuse, DCB dissolution, FCB creation. Inner Child Rescue Certification practical exams.

11 Professional TBW Practice 1

Sat. 3-10-12, 10:30am-6:30pm

Naming your practice, elevator speech, card, brochure, events, networking, referral sources, releases of information, website. Specialty Area Reports & how to use them in your target market.

12 Professional TBW Practice 2

Sun. 3-11-12, 12:30-6:30pm

Practice Vision, Your marketing plan; professional & marketing organizations, liability insurance; Practice Vision Reports; Case Study Reports. Graduation.

BODYMIND TRANCE BREATHWORK™ THERAPY

Integrate BodyMind Hypnotherapy & Breathwork

BodyMind Trance Breathwork™ assists clients to replace traumatic conditioning 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 & dysfunctional conditioning. 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 TBW 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

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
12623 NE 110th St.
Kirkland, WA 98033
206-367-9060
www.bodymind-academy.com

BODYMIND ACADEMY

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