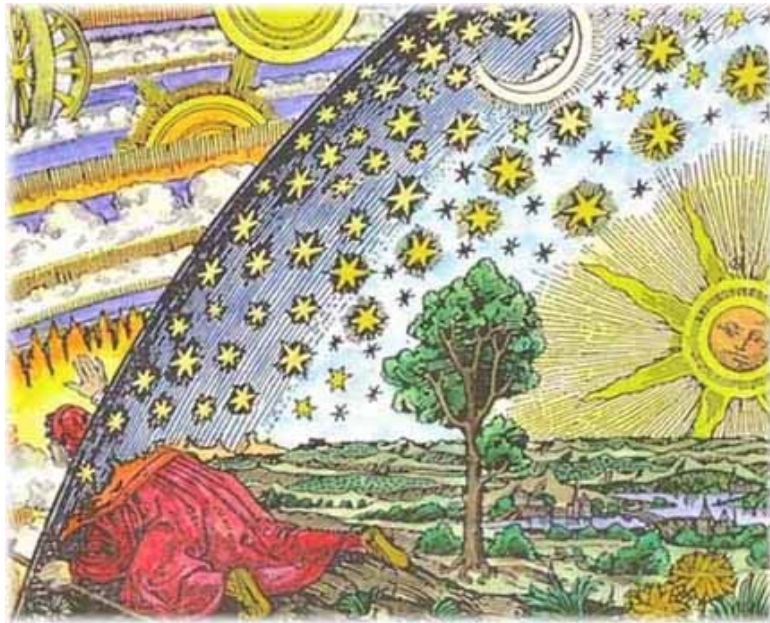




**YOU ARE INVITED TO JOIN  
THE BODYMIND ACADEMY'S  
TRANCE BREATHWORK 3  
PROGRAM**

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.  
This advanced training fine tunes session delivery 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.*

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LIVE YOUR AUTHENTIC LIFE**

**Enroll in BMA'S**

# **TRANCE BREATHWORK 3**

**PERSONAL HEALING, PROFESSIONAL CERTIFICATION**

**184 Credit Hours**

Learn advanced Trance Breathwork techniques including Conference Room and Past Life Regression. Continue your healing as you learn to deliver TBW Sessionwork professionally. TBW 3 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 trauma, repressed emotions, post traumatic stress, anxiety & depression as well as deep physical and emotional pain.

## **CERTIFICATION AND PROFESSIONAL PRACTICE**

### **Trauma Release Hypnotherapist**

After completing all requirements, you'll be certified as a *TBW Trauma Release Hypnotherapist*, able to use TBW professionally to help clients release repressed emotions, addictions, anxiety & depression, post traumatic stress, heal from trauma & move forward in their lives.

## **THE SCHEDULE**

*TBW 3 meets 6 weekends from April 7-June 3, 2012.*  
Saturday schedule: 10:30am-6:30pm. Sunday schedule: 12:30-6:30pm  
Please see next page for a more detailed schedule.

**Term 1, Conference Room:** two consecutive weekends:

April 7 & 8; April 14 & 15 followed by a one week break.

**Term 2, Past Life Regression:** two consecutive weekends:

April 28 & April 29; May 5 & 6; followed by a one week break.

**Term 3, The TBW 5 session series:** 2 weekends with Memorial Day break in between: May 19 & 20; June 2 & 3.

## **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 3 SCHEDULE

Term

1

## 1 Conference Room 1

Sat. April 7, 2012, 10:30am-6:30pm

Eliciting all inner characters who have anything to do with client's issue. Landing, stairway, hallway, door, room; making agreements between inner characters; Future Pacing to check agreements. D/P.

## 2 Conference Room 2

Sun. April 8, 2012, 12:30-6:30pm

Changing functions of inner characters who contribute to chaos, sabotage & dysfunction; identifying entities who are malevolent & must be banished or eased out; fine tuning solutions. Demo&Pract.

## 3 Past Life Regression 1

Sat. April 14, 12, 10:30am-6:30pm

Identifying the need for past life work; *locating & releasing past life trauma*; moving forward & back in past life sessionwork, communicating with present life personality; demonstration, practice.

## 4 Past Life Regression 2

Sun. April. 15, 2012, 12:30-6:30pm

Releasing taboos & curses; releasing past life physical, mental & emotional trauma; bringing back resources & learning to present life. Case Study Reports. Demonstration, practice.

2

## 5 Place Between Lives 1

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

Accessing Place Between Lives to discover knowledge, wisdom, resources, peace, closure & forgiveness. Forging lasting agreements with present life inner characters. Demonstration, Practice.

## 6 Place Between Lives 2

Sun. April 29, 2012 12:30-6:30pm

Accessing Place Between Lives for insight, healing, intuition, creativity & peace to enhance present life; accepting emotional impacts of your/others' physical death; impacts on stress & anxiety. D/P.

## 7 Regression Through the Life Cycle

Sat. May 5, 2012, 10:30am-6:30pm

Regression to conception, birth, toilet training, walking, learning to read, writing, school tests, life tests, relationship traumas; demonstration & practice.

## 8 Future Life Progression

Sun. May 6, 2012, 12:30-6:30pm

Crossroads technique; your relationship with time, decision & future; future pacing to test solutions; improve performance; advanced learning impacts; Demo/Practice. Case Study Reports.

3

## 9 TBW 5 Session Series

Sat. May 19, 2012, 10:30am-6:30pm

Marketing the TBW 5 session series: relaxation; stress release; inner family discovery & relationship building; inner child rescue, emotion release; restoring development; BodyMind Rejuvenation.

## 10 True Self Calling/Purpose

Sun. May 20, 12, 12:30-6:30pm

Restoring development skills; trauma release to reveal calling & purpose; accelerate achievement by letting go, completion & ease; energy flow assists trauma release. Certification exams.

## 11 Advanced TBW Marketing

Sat. June 2, 2012, 10:30am-6:30pm

Events, group gatherings, speaking, writing. Communicating your specialty areas & expertise; Specialty Area Reports. Case Study Reports.

## 12 Live Your True Self Lifestyle

Sun. June 3, 2012, 12:30-6:30pm

True Self revelation; moving into essential joy; your successful life plan; your relationships; personal integrity & telling your truth; Practice Vision Reports; Case Study Reports. Graduation.

# BODYMIND TRANCE BREATHWORK™ THERAPY

*Integrate BodyMind Hypnotherapy & Breathwork*

**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***

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](http://www.bodymind-academy.com)

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