



Breath-Body-Mind™ Teacher Training Level-1

Richard P. Brown, MD, Patricia L. Gerbarg, MD and Assistants

Schedule Nov 18, 19, 20 and Dec 2, 3, 4

Date & Time	BBM TT Level-1 PART-A Nov 18-20	
Day 1	Day 1 Wed Nov 18	
8:30	BBM Teachers sign in. Assign to Groups.	
8:45-9:00	Participants sign in	
9:00-10:30	Introduction, Overview Training Round I Dr. Brown Teaches: Shaking, Tapping, “Ha” breath, 4-4-6-2 breath, 4-4 Breath with arm circles, Coherent Breathing, Breath moving, Body Scan Group process	
10:30-10:45	BREAK	
10:45-12:00	Training Round II - Dr. Brown Repeat Round I plus Sky and Earth, Body Scan with Open Focus Attention Training-1	
12:00-1:00	LUNCH	
1:00-2:30	Lecture Dr. Pat Gerbarg: Neurophysiological effects of Breathing Practices on stress Response Systems, Sympatho-vagal Balance, Heart Rate Variability, Polyvagal Theory, Emotion Regulation and Social Engagement. Clinical studies-1 BBM for Generalized Anxiety Disorder, Military PTSD, Inflammatory Bowel disease, Schizophrenia, Caregiver Stress Discussion with Q & A	
2:30-2:45	BREAK	
2:45-3:45	Training Round III - Dr. Brown Same as Round I plus Open Focus for pain Group process	
3:45-4:00	Homework Assignment – Study Manual instructions for teaching Ha breath, 4-4-6-2 breath, 4-4 Breath with arm circles, Coherent Breathing. Encourage students to practice with each other.	
Day 2	Day 2 Thurs Nov 19	

8:30	BBM Teachers sign in	
8:50-9:00	Participants sign in	
9:00-10:30	Training Round I Dr. Brown Teaches: Tapping, “Ha” breath, 4-4-6-2 breath, 4-4 Breath with arm circles, Coherent Breathing, Breath moving, Body Scan Group process	Check Coherent Breathing Technique Check Resistance Breathing Technique
10:30-10:45	BREAK	
10:45-12:00	Breakout Rooms: 1 Level-3 Teacher, 1 Assistant teacher + 4 students Teacher demonstrates each practice. Each student teaches the group and gets feedback from teacher. One practice at a time. Shaking, Tapping, “Ha” breath, 4-4-6-2 breath, 4-4 Breath with arm circles Process and discuss	
12:00-1:00	LUNCH	
1:00-1:15	Dr. Pat Gerbarg & Dr. Brown: Demonstrate and discuss teaching Coherent Breathing	
1:15-2:00	Breakout Rooms: 1 Teacher + 4 students Teacher demonstrates Coherent Breathing. Each student shares and tests their breath pacing audio track before teaching Coherent Breathing to 1 other student in the group and gets feedback from teacher. Process and discuss	
2:00-2:15	BREAK	
2:15-3:15	Training Round II - Dr. Brown Teach Ocean Breath (ujjayi) and alternate nostril breathing Same as Round I plus Open Focus for pain Group process	
4:30-5:30	Dr. Gerbarg Lecture: Trauma, Bonding, Clinical Cases Homework: study manual and practice teaching with a partner	
3:45-4:00	Homework Assignment: Practice Coherent Breathing, Breath Moving, Body Scan with mirror and partner	
Day 3	Day 3 Fri Nov 20	
8:30	BBM Teachers sign in	
8:50-9:00	Participants sign in	
9:00-10:00	Training Round I: Dr. Brown Tapping, “Ha” breath, 4-4-6-2, 4-4-6-2 Heart Focus Coherent, Ocean Breath (Ujjayi), Breath Moving Body, Scan Heart Focus Discussion	

10:0-10:15	BREAK	
10:15-10:20	Dr. Gerbarg explains the practice for BOR	
10:20-11:00	Breakout Rooms: 1 Teacher + 4 students Each student teaches Coherent Breathing and Breath Moving to 1 other student in the group and gets feedback from teacher. Process and discuss	
12:00-1:00	LUNCH	
1:00-1:05	Dr. Gerbarg explains the practice for BOR	
1:05-1:35	Breakout Rooms: 1 Teacher + 4 students Each student teaches Coherent Breathing, Body Scan to 1 other student in the group and gets feedback from teacher. Process and discuss	
1:35-2:15	Training Round II – Dr. Brown – Heart-focused movement & breathing Open Focus Meditation heart focus	
2:15-2:30	BREAK	
2:30-3:00	Dr. Gerbarg: Teaching trauma-sensitive yoga and Integrating mind-body techniques with clinical practice Discussion Q & A	
3:00-3:05	Dr. Gerbarg & Dr. Brown explain and demonstrate Group Process: Hearts Desire	
3:05-3:45	Breakout Rooms: 1 Teacher + 4 students Hearts Desire. Teacher asks Student #1. Then Student #1 asks #2. Continue Round Robin. 3 min per student. Sharing and Discussion.	
3:35-3:45	Dr. Brown asks whole group about Hearts Desire Experience	
3:45-4:00	Dr. Gerbarg gives homework + bi-weekly practice session instructions. Q & A	
	Students attend 2 Practice Sessions per week and continue to practice BBM teaching according to instructions and BBM Manual.	
	BBM TT Level-1 PART-B Dec 2-4	
Day 4	Day 4 Wed Dec 2	
8:30	BBM Teachers sign in. Assign Groups	
8:50-9:00	Participants sign in	
9:00-10:00	Training Round I Dr. Brown	
10:00-10:45	Dr. Gerbarg and assistant demonstrate how to teach Coherent Breathing to someone having difficult learning due to 3 common problems (snafus).	

	Game: Name that Snafu. Spotlight Dr. G breathing. Participants show hand if they think they know the answer. Then they get to try to correct it.	
10:45-11:00	BREAK	
11:00-12:00	Breakout Rooms Each student gets a turn teaching Coherent Breathing to the teacher while the teacher simulates 1 breathing snafu per student. The student must identify and correct the Snafu. The other students give feedback about each person's teaching technique.	
12:00-1:00	LUNCH	
1:00-1:05	Dr. Gerbarg explains the practice for BOR	
1:30-2:30	Breakout Rooms Teacher demonstrates a sequence of practices with transitions. Each student teaches the sequence to the group and gets feedback from teacher (focus on transitions, starting and ending each practice). Sequence-1: Shaking, "Ha" breath, 4-4 Breath with arm circles, Coherent Breathing Sequence2: Tapping, "Ha" breath, 4-4-6-2 breath, Coherent Breathing Process and discuss	
2:30-2:45	BREAK	
3:00-3:45	Dr. Gerbarg & Dr. Brown: Breath-Body-Mind for Mass Disasters: Southeast Asia tsunami, 9/11 World Trade Center attacks, Haiti, Horizon Gulf oil spill, Mississippi, South Sudan	
3:45-4:00	Dr. Gerbarg discusses how to prepare for their assessment Friday	
Day 5	Day 5 Thurs Dec 3	
8:30	BBM Teachers sign in	
8:50-9:00	Participants sign in	
9:00-10:00	Training Round I with Dr. Brown Discussion Q & A	
10:00-10:15	BREAK	
10:15-11:00	Dr. Gerbarg demonstrates teaching Coherent Breathing to 2 volunteers who have never done it before. Teaching Points. Discussion. Lessons learned.	
10:45-11:00	BREAK	
11:00-11:05	Dr. Gerbarg explains the practice for BOR	
11:05-12:00	Breakout Rooms Teacher demonstrates a sequence of practices with transitions. Each student teaches the sequence to the group and gets feedback from teacher (focus on transitions, starting and ending each practice).	

	Sequence-1: Shaking, “Ha” breath, 4-4 Breath with arm circles, Coherent Breathing, Breath Moving Sequence2: Tapping, “Ha” breath, 4-4-6-2 breath, Coherent Breathing, Body Scan Process and discuss	
12:00-1:00	LUNCH	
1:00-1:05	Dr. Gerbarg explains the practice for BOR	
1:05-2:00	Dr. Gerbarg: BBM For Children and Youth Lecture and Demonstration with class participation Teachers Discuss their experiences teaching children Discussion Q & A	
2:00-2:15	BREAK	
2:15-3:15	Student Assessments. Each student teaches the class a sequence of practices and receives feedback. Students # 1,2,3,4	
3:15-3:55	Round II - Dr. Brown	
3:55-4:00	Dr. Gerbarg reminds how to prepare for their assessment Friday	
Day 6	Day 6 Fri Dec 4	
8:30	BBM Teachers sign in	
8:50-9:00	Participants sign in	
9:00-10:00	Training Round I with Dr. Brown	
10:00-11:00	Student Assessments. Each student teaches the class a sequence of practices and receives feedback. Students #5,6,7, 8	
11:00-11:15	BREAK	
11:15-12:00	Student Assessments. Each student teaches the class a sequence of practices and receives feedback. Students #9,10,11	
12:00-1:00	LUNCH	
1:00-2:00	Student Assessments. Each student teaches the class a sequence of practices and receives feedback. Students #12,13,14	
2:00-2:30	Dr. Gerbarg: Planning your teaching sessions. Schedule Template Timing. Teaching novices. Practice with individuals.	
2:30-2:45	BREAK	
2:45-3:45	Round II Dr. Brown Reading Discussion	
3:45-4:00	Final Questions. Evaluations. Explanation of Provisional Diplomas for those who need more practice. Arranging additional practice and re-evaluation to complete certification (Linda Lentini).	