

2017 Somatic Breath Coach (SBC) Training Agreements Contract

I, _____, of: (address) _____

Agree to uphold and abide by to the below-listed personal, financial and program agreements and hereby request application to the 2017 Somatic Breath Coach Training:

General and Financial:

- I shall agree to the total financial commitment of (circle one) \$4395 (due May 18, 2017, \$3995 (if paid in full by March 31, 2017), or 3 payments of \$11599, (due May 18, June 18, 2017 and July 18, 2017) **whether or not I attend all the events.**
- Agreement to participate in the videos calls and intensives, activities, reviews, etc. according to the instructions of the Trainers, not to exceed personal safety, integrity and self-responsibility.

Program:

- Willingness to participate in **3 – five day Retreats and 10 training videoconferences** throughout the training period.
- Use of **SBC Checklist/Transcript** (to be provided in your course materials), to track your requirements - **checked periodically and submitted electronically by the end of the 3rd Retreat.**
- **Course Reading** (online articles required, and books strongly recommended. To be completed by the end of the third retreat).
- **Maintenance of a Breath Journal** to record breath sessions, experiences, etc.
- Maintenance of a **Buddy Support System** throughout the training, to be discussed during the 1st Retreat

Practice Sessions:

- **Self-facilitated** (Breath Awareness and/or Technique) **Practice Sessions – minimum of 3 times/week** between 1st and 3rd intensives (Annotated – using SBC Session Notes form).
- **(3) Breath Awareness Sessions** (between 1st & 2nd intensive) + **(3) Breath Technique Sessions** (between 2nd & 3rd Intensives) **with your Buddy** (Annotated – using SBC Session Notes form – average session length 20 min.).
- **(3) Breath Awareness Sessions** (between 1st & 2nd intensive) + **(3) Breath Technique Sessions** (between 2nd & 3rd Intensives) **with 4 Demo Clients** (Annotated – using SBC Session Notes form – average length 20 minutes; may be with an existing client).
- Obtainment of **Somatic Breath Coach Evaluation Forms** (to be provided in your course materials) from all demo breathers (as mentioned immediately above) after completion of session work.
- **Required: 6 SBC/ST sessions** with Jeremy and Hunter during the course of the training (separate fee charged, and payable to the trainer at the time of the session).

Final Exams:

1. **Facilitation:** You must facilitate a session with a practice client (we will provide a practice client at the retreat), or you can submit a video session from your own practice for evaluation of core coaching competencies during final Retreat.
2. **Written exam:** *To be completed during the final Retreat.*
3. **Completion:** successful completion of the above requirements by 8/31/17 you shall earn a SOMATIC BREATH COACH Certificate.

Signed _____ Date: _____