

Neurodynamic Breathwork (NDB)

Facilitator Training Program

Core Values & Agreements

Love

Compassion • Forgiveness • Acceptance • Kindness

Integrity

Honesty • Authenticity • Presence • Honor my Word

Generosity

Service • Leadership • Abundance • Joy

1. This training is a sacred space for learning and growth. I agree to respect the privacy of the group and each individual in this training. I agree to honor the confidentiality of all members and experiences shared in this group.
2. I agree to honor my commitment to this training and will treat our virtual space with the same respect that I would an in-person training. In particular, I agree to meet these requirements:
 - a. I will arrive on time and stay for the duration of class sessions.
 - b. I will complete all homework and reading on-time unless prior arrangements have been made.
 - c. I will have a reliable internet connection and participate with my camera on.
 - d. I will attend in a space free of distractions, being mindful of who can see my screen or overhear our sessions.
3. I understand that I am responsible for my own commitment to this program and I will get as much out of this program as I am willing to put in. I agree that the power of this program is not given to me or generated by anyone else but me. I am 100% responsible for my own experience in the group and agree to creating the most powerful experience possible for myself.
4. I understand that this training will have opportunities for expansion and creativity that may take me out of my comfort zone. I agree to take full ownership for my feelings and reactions, and to communicate my truth with respect and as clearly as possible.
5. The Neurodynamic Breathwork Training Program is a space of acceptance, inclusion, and equality. I agree to honor the yogic principle of Ahimsa (non-violence) in my thoughts, words, and actions. I will regard all beings (including myself) with kindness, respect, and love.

6. This training is a space of connection and collaboration - never one of competition. I will hold all other members of the group with positive regard and remember that we are all mirrors for each other. I will want the best for all other members and honor each individual's personal boundaries.
7. I agree to respect the intellectual property of the training and will not share or reproduce any of the manual or practices without express written permission. I understand that this training is designed to encourage and empower me in discovering and expanding upon my unique gifts and personal offerings.
8. I agree to honor myself and my needs. I will take care of myself and my energy. I will speak up for myself and my needs. If I am in need of practical support I will reach out directly to my coach/mentor for support.
9. I have read and agree to the [refund policy](#) that applies to participation in this program.
10. I am prepared and committed to make these 24+ weeks in the NDB Training Program the best, most transformational, healing, and joy-filled experience possible!