

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. Contraindications - I confirm that I do not have any of the medical or psychiatric contraindications to participating in NeuroDynamic Breathwork listed [here](#). If I am not sure about any of these, I have spoken to one of the trainers to get medical clearance.
3. 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 unless prior arrangements have been made with one of the teachers of the session in question.**
 - b. **I will complete and submit all homework and reading on-time unless prior arrangements have been made with one of the teachers of the session in question.**
 - c. **I will have a reliable internet connection and participate with my camera/video on except during breaks.**
 - d. **I will attend in a space free of distractions, being mindful of who can see my screen or overhear our sessions.**
4. 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.

5. 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.
6. 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, other trainees and teachers) with kindness, respect, and love. This includes respecting and withholding judgment regarding other participants' shares and refraining from telling them that they should act, be or feel in a specific way.
7. 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.
8. I agree to respect the intellectual property of the training and will not share or reproduce any of the manuals, videos or practices without express written permission. I agree not to download any of the class materials, homework and/or videos unless they are clearly structured to be downloadable on the site. I understand that this training is designed to encourage and empower me in discovering and expanding upon my unique gifts and personal offerings.
9. 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.
10. I have read and agree to the [refund policy](#) that applies to participation in this program. Also, there are a very limited number of partial scholarships available for each program. If I received one of these partial scholarships, the information regarding how much I paid for the program is to stay confidential between Breathwork Online and me.
11. 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!
12. Violation of any or all of these agreements, depending on the severity and number of violations, can result in anything from a gentle reminder to removal from the Neurodynamic Breathwork Facilitator Program. If I am removed from the program due to violations of these Core Values, I will not be entitled to a refund of my program fees.