



NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

Breath-Body-Mind™

Fundamentals Course

Open to all New Yorkers! Free of charge!

Breath-Body-Mind™ (BBM) practices teach participants new ways to manage stress. BBM practices can be utilized by anyone in work, home, and public settings and are offered to provide relief and recovery from stress.







BBM teaches gentle evidence-based, trauma-sensitive techniques that provide rapid stress relief and improve stress resilience over time.

Accommodations

NYSTINRC and the BBM Foundation are committed to providing access and reasonable accommodations for individuals with different abilities and/or disabilities during all provided programming. If you require accommodations for virtual or in-person events, or have additional questions, please contact BreathBodyMind.TINRC@ccsi.org.

About the 18-hour course

Designed to activate mind-body communication pathways to help dissolve pain and inflammation while regulating moods, **this training is for anyone who wishes to:**

-  **Increase your stress resilience and renew your energy**
-  **Reduce stress, anxiety, depression, and insomnia**
-  **Increase lung capacity, oxygenation, and cardio-respiratory health**
-  **Connect to your inner self and others**
-  **Improve relationships and empathic abilities**
-  **Improve performance in personal and professional activities**


The first 12 hours of this course teach breath-centered techniques proven to improve the connection between mind and body. These practices relieve stress and improve mood, mental focus, and performance. After completing the training, there will be six weeks of group BBM practice sessions. Commitment to all training sessions is essential to learn the benefits and skills necessary to teach others.

BBM Fundamentals Offering 1 Dates



APPLY NOW!

Wednesday, Aug. 16, 2023
Thursday, Aug. 17, 2023
Friday, Aug. 18, 2023


 8:30am-12:30pm
each day

BBM Fundamentals Offering 2 Dates



APPLY NOW!

Wednesday, Sept. 20, 2023
Thursday, Sept. 21, 2023
Friday, Sept. 22, 2023

 8:30am-12:30pm
each day

***PLEASE NOTE:** The BBM Fundamentals Course will be offered twice in 2023. You only have to select/apply for one offering - August or September, and you are required to attend all 3 days. This course fulfills the prerequisite requirement for participation in the BBM Teacher Training Level-1 Course.

A project funded by:



Office of
Mental Health



BreathBodyMind
Foundation