



NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

Breath-Body-Mind™ Become a Level 1 Breath-Body-Mind™ Teacher

Free of charge and open to all New Yorkers.

Accommodations

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.**

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 40-hour training

This training is the first part of a three-level teacher training that will instruct participants on teaching the core BBM techniques.

Participants learn how to teach the core BBM techniques to promote wellness and to assist individuals with stress-related medical conditions, anxiety disorders, depression, ADHD, and PTSD. Participants who complete all sessions and demonstrate competence in teaching BBM core techniques will receive a Breath-Body-Mind Level-1 Teaching Certification. Those needing additional support can attend weekly practice sessions to work towards certification.

Commitment to all of the training courses is important to get the full benefits and skills necessary to teach others. The schedule is created so that each day's teaching and practices flow in a specific sequence, which is difficult to recreate. Please notify the teachers as soon as possible of anticipated absences.

The BBM Fundamentals Course is a required prerequisite. Successful participants will receive a Breath-Body-Mind Level-1 Teaching Certification.



BBM Level 1 Training Dates

🕒 8:30am-2:30pm each day



APPLY HERE!

WEEK 1: 11/9 and 11/10	WEEK 4: 11/30 and 12/1
WEEK 2: 11/16 and 11/17	WEEK 5: 12/7 and 12/8
WEEK 3: 11/20	

A project funded by:



Office of
Mental Health



BreathBodyMind
Foundation