

## **Syllabus: Just Breathe ~ Mastering Breathwork A 6-Week Journey into Presence, Peace & Transformation**

### **INSTRUCTOR**

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### **COURSE FORMAT**

6 Weeks • Tuesdays • 7:00-8:30 PM • Zoom Access  
Starting March 10, 2026

### **Course Description**

This course is designed to help students discover the transformative power of breath through Dan Brulé's groundbreaking work, *Just Breathe: Mastering Breathwork*. Endorsed by Tony Robbins and used by elite athletes, Navy SEALs, trauma survivors, and spiritual seekers worldwide, this practical journey unlocks extraordinary health, peak performance, and profound inner peace.

Through hands-on practice, guided techniques, and community support, participants will learn to harness their breath to reduce stress and anxiety, improve mental clarity, manage pain, heal trauma, and cultivate deep presence. This course aligns perfectly with Unity of Fort Lauderdale's 2026 Theme: "The Year of Presence: One Breath, One Moment, Infinite Possibility."

No matter what challenges you face at a personal level—stress, anxiety, insomnia, emotional overwhelm—your breath is the bridge between chaos and calm. This class will guide you to discover practical tools you can use immediately to transform your state, your day, and ultimately your life.

Through experiential practice and contemplation, participants will step onto the path of conscious breathing and explore what it means to live fully present in each moment, awakening to the infinite possibility that exists right here, right now.

### **Course Learning Objectives**

By the end of the course, learners will be able to:

- Master the Three Basic Skills of breathwork: Awareness ("Wake Up!"), Relaxation ("Let Go!"), and Breathing ("Take Charge!")
- Practice the Three Convergences that create breakthrough states of consciousness—"energized calm" and "dynamic peace"
- Use Heart Coherence Breathing (6 breaths per minute) to reduce stress hormones, boost mood chemicals, and improve heart health
- Apply practical breathing techniques for anxiety, insomnia, pain management, emotional overwhelm, and spiritual awakening
- Understand how breath controls the nervous system and flip the switch from fight-or-flight to rest-and-restore
- Integrate daily breathwork practices into morning routines, work breaks, and bedtime for ongoing transformation

### **Recommended Text/Readings**

Dan Brulé, *Just Breathe: Mastering Breathwork for Success in Life, Love, Business, and Beyond*  
Available on Amazon, Barnes & Noble, or your local bookstore

Purchasing the book is optional but recommended to deepen your journey and explore practices between sessions.

### Prosperity Investment

Suggested Prosperity Investment: \$60

Your financial circumstances should never be a barrier to your spiritual growth. If the suggested amount presents a challenge, please do not let this prevent you from participating in this transformative experience.

If you find great value in the sacred space we have created together, the depth of information shared, and the meaningful connections formed with fellow participants, we gratefully welcome additional prosperity investments to support this work.

### Payment Options:

In Person: Bring your check on Sundays to Unity of Fort Lauderdale

Mail: Unity of Fort Lauderdale, 3331 Northeast 32nd Street, Fort Lauderdale, FL 33308

Online: Visit <https://unityfortlauderdale.org/give> and select "JUST BREATHE ~ 2026"

This helps us live into and fulfill our mission of: "Transforming Lives through the Power of Love and Connection to Make a Positive Difference in the World!"

### Course Schedule

This course invites participants on a transformative journey of awakening to their breath, their presence, and their infinite potential—guiding each student to embrace practical tools for stress relief, emotional healing, and spiritual awakening.

SESSION	DATE	DISCUSSION TOPICS
<b>One</b>	Mar 10	Foundations: What Is Breathwork? The Three Basic Skills: "Wake Up," "Let Go," "Take Charge" Self-Assessment & Breath Awareness Introduction
<b>Two</b>	Mar 17	Breath Awareness: Being the Breath Passive Observation & Mindfulness Heart Rate Variability (HRV) Introduction
<b>Three</b>	Mar 24	Conscious Breathing: Doing the Breathing Active Participation & Creating Breath Patterns Integration into Daily Life
<b>Four</b>	Mar 31	The Three Convergences Combining Consciousness + Breathing, Consciousness +

		Relaxation Coherent Breathing & Peak States
<b>Five</b>	Apr 7	Transformation & Healing Detoxification Practices (Kapalabhati, Paradoxical Breathing) Breathing for Stress, Anxiety, Pain & Trauma
<b>Six</b>	Apr 14	Spiritual Breathing & Integration Awakening Intuition Through Breath Creating Your Ongoing Practice