



BYT Coach Training Syllabus



The coach, or practitioner learning series offered by Breathe Your Truth is designed to create breath work coaches. Certified coaches may elect to limit coaching to their own clinical, in-person practice or they may decide to go big and consider coaching and teaching for **Breathe Your Truth**. There are five required components to BYT certification. Training can be engaged without committing to the full certification program but must be completed in the designated order.

BYT 100 provides the fundamentals of breath work and can be taken as a stand-alone course. The course provides the basic tools to help instruct healthy, breathing-related practices and provides valuable education tools for patients. **BYT 200** builds on the fundamentals and includes training on the CapnoTrainer®. **BYT 300** builds on the activities and techniques of the three-phased approach to this program, with an emphasis on Phase three activities. BYT 400 is an online written exam and BYT 500 is the in-person or web-based mentorship component.

The education structure for clients is divided up into three learning phases. Each phase includes progression criteria that identifies when the learner is ready for the next phase.

- Phase One: Foundation
- Phase Two: Daily Activities
- Phase Three: Performance

The Breathe Your Truth website provides learning pages for each of the three phases of his program. Practitioners gain access to these pages as they progress through the coursework for their own personal use. Upon certification, or completion of all five components, practitioners may use the content for their own clients. This content is available for a minimum of one year following completion of the certification.



BYT 100 Fundamentals (8 Contact Hours)

Prerequisites

None, other than an interest in the effects of breathing well and a curiosity of how this might influence current practice patterns. This course is best suited for health care and wellness practitioners with an understanding of basic human physiology.

Course Description

This first course in the series lays the foundation. It is content and theory heavy, while the second two courses are more experiential in nature. Breathing connects everything from blood-gas levels, heart-rate variability, nitric oxide, thought patterns, emotional regulation, digestion, cardiac function, movement efficiency, meditation, daily activity, and athletic performance. Not all breath work is created equal. Base knowledge, activity timing, instruction, practice, and patience are key. Capnography and other technologies can speed learning. This course gives the learner a solid foundation to change the way they approach breathing.

Format

- Web-based or In-Person training
- Lecture with lab. The lab can be done without treatment tables

Class Size

- No limit

Equipment

- For the Online course: A computer with adequate video and sound capability



Desired Outcomes (objectives)

Participants will leave with:

- An appreciation for the importance and relevance of integrating breath work into physical therapy practice
- An understanding of the three-phased approach to the Breathe Your Truth program and how to use the Breathe Your Truth website to support clinical practice
- An understanding of respiratory physiology and the factors that influence breathing
- An understanding of optimal breathing – mechanics, physiology, and thinking
- The ability to put together a breathing program in response to COVID-19
- An ability to identify appropriate candidates for this type of breath work
- An ability to perform a basic breath work exam
- An understanding of the basic progression of activities
- An appreciation for the value of capnography and other technologies

Course Outline

Program Overview

The Science You'll Want to Know

- Respiratory Physiology
- Respiratory Centers
- Autonomic nervous system
- Baroreceptors
- Vagal Nerve
- Heart Rate Variability
- Nitric Oxide
- Breathing (functional and dysfunctional)
- Covid 19 Response

Anatomical Influences

Screening for Breath Work Clients

Evaluation Tools

Activity Progressions: Phase 1 & 2

CapnoTrainer® Introduction

Participants Get:

Access to **BYT 100 Resources** page

- Documents: Course handout, Exploration Guide (treatment guide), exam template, and more.
- Videos
- Course Recordings
- Evidence Page



BYT 200 Practitioner (8 Contact Hours)

Prerequisites

- BYT 100
- This course is best suited for health care and wellness practitioners with an understanding of basic human physiology.
- Each participant is required to have access to a CapnoTrainer.® Note: One CapnoTrainer may be shared by two other participants in the same location.

Note: One CapnoTrainer may be shared with up to three persons and may also be rented from Breathe Your Truth. Click [here](#) to purchase a CapnoTrainer®.

Course Description

This course builds on the theory and content of the first course to make the practitioner proficient with the CapnoTrainer®, pulse oximeter, and mobile apps. We practice key parts of phase one and two of the treatment approach and orient to phase three. This course is largely lab based and experiential. Practice makes perfect, and the Treatment Guide from BYT 100 will be your friend.

Format

- Web-based or In-Person training
- Lecture with lab. The lab can be done without treatment tables but must include each participant having access to a CapnoTrainer®. CapnoTrainers may be shared between up to three participants, but those participants must be in the same location.

Class Size

- CapnoTrainer access may limit the class size. Each class will be individually assessed for CapnoTrainer availability. Capnotrainers may be rented from Breath Your Truth for a nominal fee.

Equipment

- CapnoTrainer® access
- Personal computer
- For the Online course: A computer with adequate video and sound capability



Desired Outcomes (objectives)

Participants will leave with

- An ability to do a comprehensive breath work exam
- An ability to use the CapnoTrainer® in a clinical setting
- A deeper understanding the client activity and education strategies found in Phase one and two of the BYT program
- An appreciation for the basics of creating and marketing a breath work program

Course Outline

- The Exam, a Deeper Dive
- CapnoTrainer® training
- Technology Support
- Billing and Coding
- Manual Therapy Highlights
- Phase 1
- Phase 2
- Advanced Diff Dx
- Marketing
- Adjacent Frontiers

Participants get

Access to **BYT 200 Resources** page

- Documents: Course handout, Exploration Guide (treatment guide), exam template, and more.
- Videos
- Course Recordings
- Evidence Page



BYT 300 Advanced Practitioner (8 hours)

Prerequisites

BYT 200, and access to a CapnoTrainer®

Note: One CapnoTrainer may be shared with up to three persons and may also be rented from Breathe Your Truth. Click [here](#) to purchase a CapnoTrainer®.

Course Description

The third and final course in this series is a chance to go big. Here we investigate the Oxygen Advantage protocol as well as ancient breathing practices that have been used to reach deeper states of consciousness and human potential. The content is fascinating and sweet, as well as physically, chemically, and emotionally challenging. To participate in the full content of this course, participants will need to demonstrate their own good breathing patterns consistent with Phase three criteria of the BYT treatment approach. A participant may observe and participate on a smaller (yet significant) level if they are still in progress to meeting Phase three criteria. Please note, this will apply to several people in each class. It's okay!

Format

- Web-based or In-Person training
- Lecture with lab. The lab can be done without treatment tables but must include each participant having access to a CapnoTrainer®. CapnoTrainers may be shared between up to three participants, but those participants must be in the same location.

Class Size

- CapnoTrainer access may limit the class size. Each class will be individually assessed for CapnoTrainer availability. Capnotrainers may be rented from Breath Your Truth for a nominal fee.

Equipment

- CapnoTrainer® access
- Pulse Oximeter



Desired Outcomes (objectives)

Participants will leave with

- A deeper understanding of the Phase three treatment approach
- An understanding of how intentional hypocapnia, hypercapnia, and hypoxia can improve performance, awareness, and physiology - and the risks with doing these practices too early or unskillfully
- An understanding of other breath work practices that augment or support this work
- An understanding of the next potential learning steps
- An appreciation for the impact of imagery and intention
- The ability to safely teach entry level versions of the Heart Mirror and Oxygen Advantage protocol

Course Outline

- Science Review and Pillar framing
- Determining Who's In. The When and How to Progress
- The Ups and Downs of Hypoxia
- The BYT version of Oxygen Advantage Routine
- The Wild West of Breath Practice, a Historical Perspective
- Importance of Imagery and Mental Framing
- Science, Science, Science – Hypoxia, hypercapnia, hypocapnia
- Practices Borrowed from Yoga
- Yoga Inspired Practices
- Taoist & Tibetan Inspired Practices

Participants get:

Access to **BYT 300 Resources** page

- Documents: Course handout, Exploration Guide (treatment guide), exam template, and more.
- Videos
- Course Recordings
- Evidence Page



BYT 400 Exam (2 hours)

Prerequisites

BYT 100, 200, & 300

Course Description

This exam is an online, on-demand electronic exam that is primarily multiple choice. Most of the content for this exam is included in the BYT 100, 200, & 300 course handouts. Candidates can also expect some questions that will require critical as well as creative thinking. The exam is a required component to the BYT Practitioner certification and is **not** required for participation in BYT 500.

Format

- Web-based, and on-demand

Equipment

- Computer or mobile device
- Internet connection



BYT 500 Mentoring (10 hours)

Prerequisites

BYT 100 (up to 4 hours), and BYT 200 and 300 (for the remaining hours)

Course Description

Mentoring is the fast-track to skill proficiency. The mentoring component (BYT 500) is required for BYT Practitioner Certification. BYT Practitioner Certification must include mentoring on BYT 100-300 course content. BYT 500 Mentoring can be engaged after BYT 100, even if the practitioner does not intend to complete BYT 200, 300 or 400. In this case, the Practitioner Certification is not granted, but the learner will still get great information. Just let us know how we can help.

Format

- Web-based or In-Person specific case and/or program development work.
- With and without an explorer present. Note: 4 hours should be completed with an explorer present.

Equipment

- CapnoTrainer®
- Pulse Oximeter
- Computer

Desired Outcomes (objectives)

Participants will leave with:

- The ability to apply the principles of the respective completed BYT coursework.
- The technical ability to work with explorers on-line or in-person.
- An appreciation for the logistical steps to create a safe and valuable learning experience.