

BREATH & BODY

Wisdom

Breathwork & Traditional Chinese Medicine

INTEGRATIVE TRAINING
FOR BREATHWORK FACILITATORS

**AN IMMERSIVE JOURNEY
INTO THE WISDOM OF THE
BODY, BREATH AND QI**

1- 6 NOVEMBER
CENTRO D'OMPIO
ITALY

ABOUT THE TRAINNING

This advanced training is designed for experienced breathworkers who are willing to deepen their understanding of **body wisdom through the lens of Traditional Chinese Medicine (TCM).**

Drawing on our experience as breathwork facilitators, we will integrate conscious breathing, body mapping, acupressure points, the anatomy of Qi (Energy/Prana) as understood through TCM, the Five Elements (organs/emotions/forces), and the **Shen (Spirit) of each organ.**

The retreat offers a space for study, embodied practice, and integration, where theory meets direct experience and facilitation skills are refined through a somatic and energetic approach



QI, BREATH & TCM

According to Shizuto Masunaga, founder of one of the most widely renowned Shiatsu schools worldwide, the human being is an indivisible unity of body, mind, and vital energy (Qi).

Qi is an energetic force flowing through the organism, not as an abstract force to be controlled, but as a natural intelligence that guides growth, balance, and health.

The body is not a collection of separate parts, but a living field in which Qi manifests as movement, relationship, and adaptive capacity.

When Qi flows freely, the individual experiences vitality, emotional stability, and inner clarity; when its flow becomes blocked or weakened, tension, disharmony, and discomfort arise.

Just as Qi flows through the body, the breath serves as a vital channel for releasing tension and supporting the proper functioning of the organism on physical, emotional, and spiritual levels.

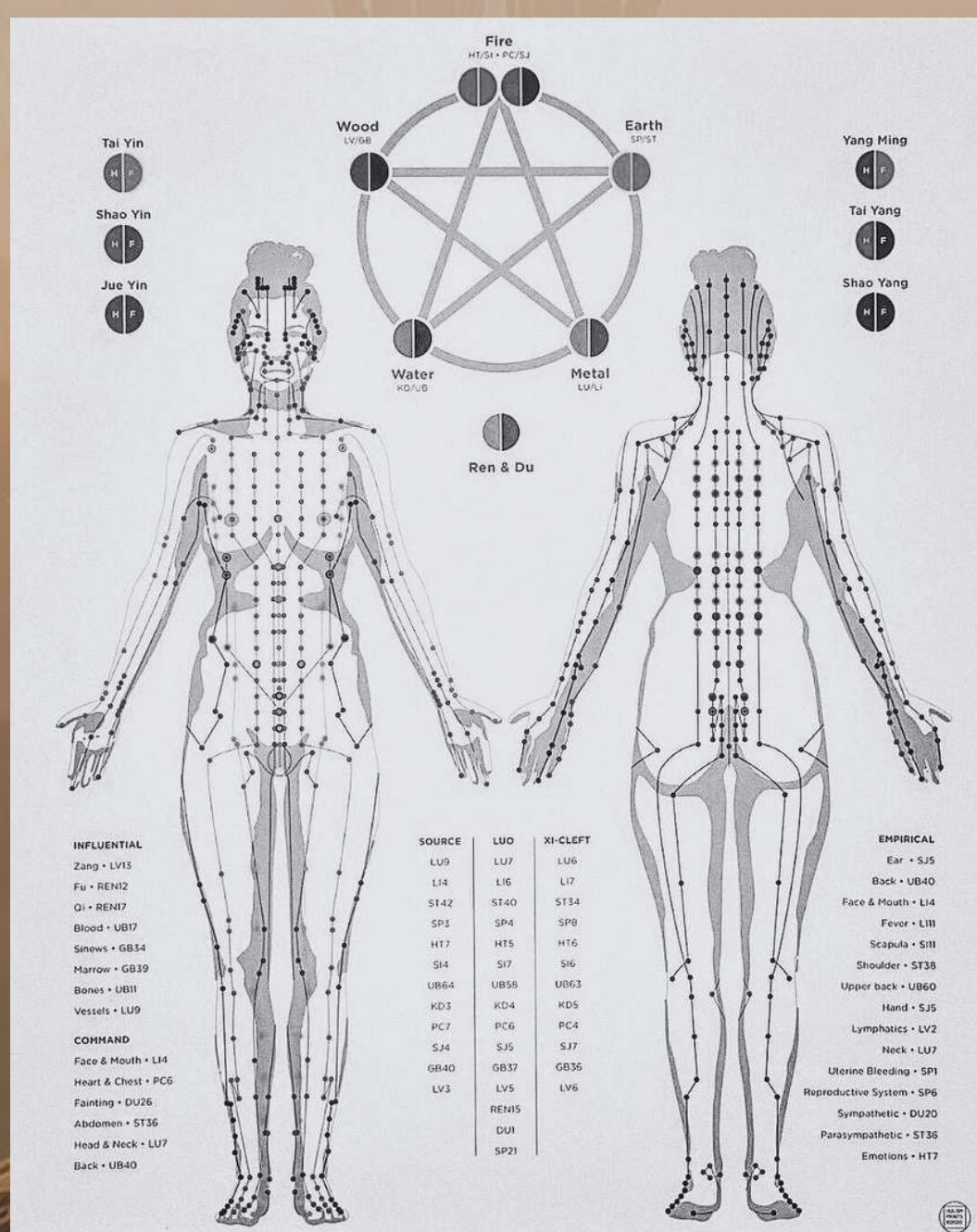
Breath, like Qi, fosters balance, clarity, and presence, connecting us to our inner intelligence and life force.

TCM and the practice of acupressure are rooted in an understanding of the primordial harmony between the macrocosm of Heaven and Earth. This harmony also extends to the microcosm of our human bodies.

WHERE QI FLOWS FREELY,
HEALTH ARISES”
SHIZUTO MASUNAGA

WHAT WILL YOU LEARN

- How to perceive and work with the flow of Qi in the human body
- The connection between breath and vital energy: physical, mental/emotional, and spiritual balance
- The fundamental forces of Yin and Yang and how they influence the body–mind–emotion system
- Principles of Traditional Chinese Medicine applied to breathwork facilitation
- Mapping the points and meridians to support energetic and emotional release and integration
- Integrating the TCM Five Elements: organ–emotion relationships
- The Spirit/Shen of each organ
- How to combine breathing awareness and energetic understanding in our sessions



PROGRAM

DAY 1

- Grounding Breath
- Carousel and Case Studies
- The link between Breathwork and TCM
- The Tao, the way of the Microcosm and Macrocosm
- The two Fundamental Forces: Yin and Yang
- Introduction to the 5 Elements

Lung and Large Intestine — Metal Element

- Lung and Large Intestine — Metal Element
- Emotions of Sadness
- Connection with the Outside and Inner World
- Skin
- Genetic Memory
- Body Mapping
- Meridian Stretching
- Breathwork Session



DAY 2

- Grounding Breath
- Liver / Gallbladder — Wood Element
- Emotions of Anger and Courage in Action
- Meditation and Stretching

Stomach and Spleen — Earth Element

- The Digestive and Metabolic System
- The Mental Plane
- Rumination
- Transformation
- Meridian Stretching
- Targeted Exercises
- Breathwork Session

DAY 3

- Grounding Breath
- Targeted Exercises
- Breathwork Session



Heart and Small Intestine — Fire Element

- Emotions of Love, Joy/Madness
- Discernment / Separation
- Meridian Stretching
- Breathwork Session

DAY 4

- Grounding Breath

Kidneys and Urinary Bladder — Water Element

- Fear and the Root of Life
- The Jing
- Nervous System
- Postnatal and Prenatal Qi
- Targeted Exercises
- Meridian Stretching
- Breathwork Session

DAY 5

- Grounding Breath
- Wrap-up
- Exercise Carousel
- Q&A and Sharing
- Meditation Session



THE SCHEDULE

NOVEMBER 1ST

ARRIVAL, CHECK-IN AND DINNER

NOVEMBER 6TH

LUNCH AND DEPARTURE



AN INVITATION TO BREATHE,
EXPERIENCE & INTEGRATE.

Five days of immersion, surrounded
by fellow breathworkers who are
ready to deepen their knowledge
and their practice.

We spend so much time guiding
others through the Breath, yet often
forget to give ourselves the space
to receive.

Come. Breathe. Explore. And
experience it in your own body.

WHAT WILL YOU TAKE WITH YOU?

A deeper understanding of Qi and its
relationship with breath.

A practical map of the Five Elements
and their organ–emotion relationships.

An introduction to meridian mapping
and acupressure points.

New perspectives for observing and
understanding the body during
breathwork.

Tools to integrate somatic and
energetic awareness into your
facilitation.

And, above all, a deeper experience of
your own body as a source of
intelligence.



INDALECIA ROHITA ZIRITT

IBF Ambassador, Former Transformational Breath Senior Trainer, Co-Founder of Breath & Body Wisdom

Breath & Body Wisdom is an inspirational creation following the call to bring together the awareness of the Body and what the power of the Breath reveals.

Indalecia's spiritual path has been, and continues to be, a beautiful journey of exploring and experiencing different ways of being, sensing, feeling, integrating and transforming.

Through this journey, she has explored and integrated different disciplines, including Chinese Medicine, Shiatsu & Tuina, Osho Pulsation, Neo-Reichian Breath and Body, Sound & Voice Healing, Shamanism, Spiritual Purification, Akashic Records and MER – Myo-Fascial Energy Release.

Her purpose is to serve others in their personal transformative journey through the wisdom of their own Breath and Body, together with her unique and intuitive arts.

She leads and facilitates individual and group sessions, as well as personal and professional trainings in Italy, Belgium, Spain, Portugal and wherever a space of unconditional love can be created.



LOT DE CLERCQ

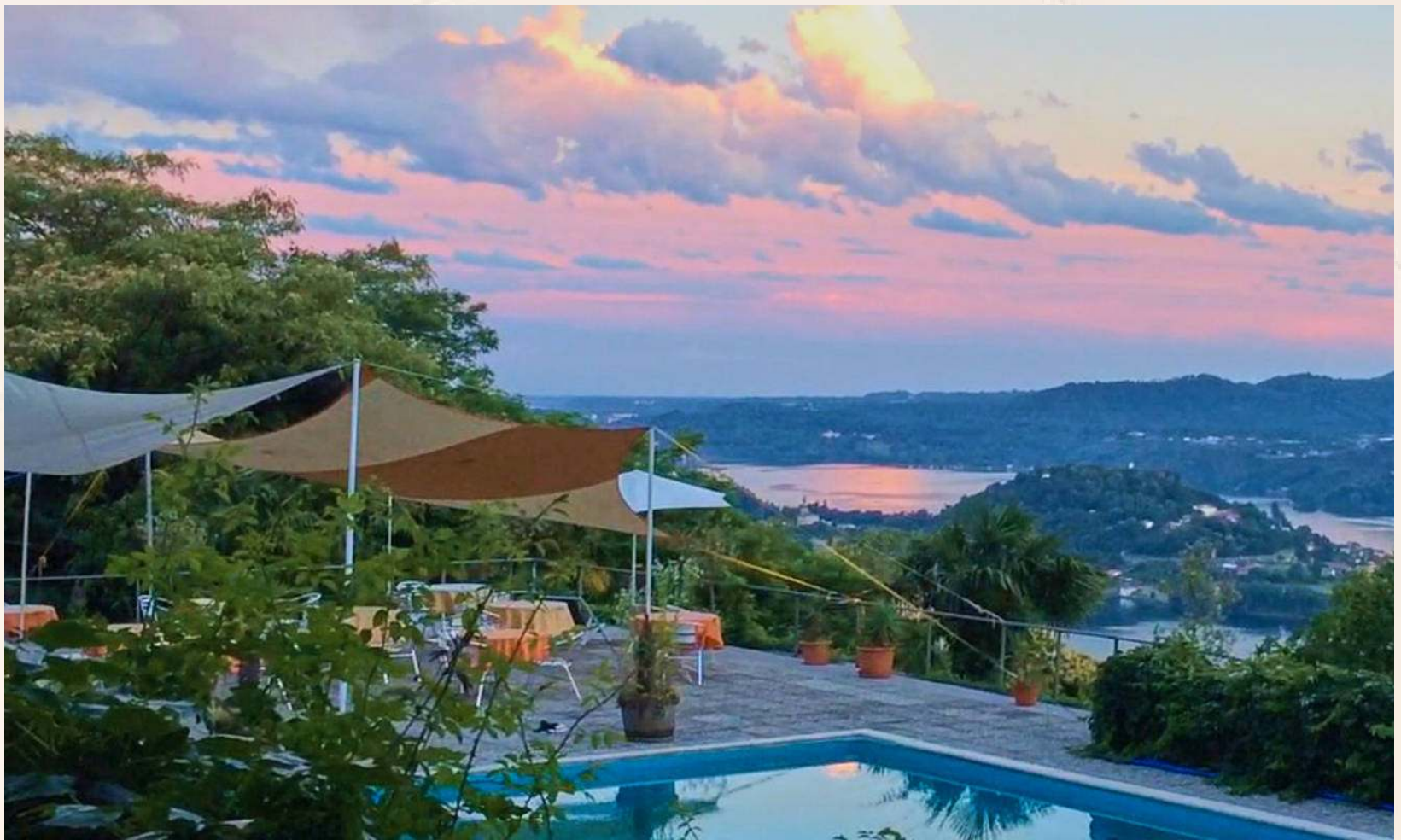
With more than twenty years of experience as a psychotherapist and supervisor, Lot has dedicated her life to the exploration of the human being and the emotional landscape.

Her own journey through illness led her to reconnect deeply with her body and discover Transformational Breath®, which became a profound turning point in her life.

Since 2022, she has devoted herself to sharing the power of conscious breathing, offering individual and group sessions and collaborating in trainings and seminars across Belgium, Italy and Portugal.

Her work is rooted in deep listening, sensitivity and presence, supporting people in reconnecting with their bodies, their essence and their innate capacity for transformation.

A PLACE TO BREATHE LEARN & INTEGRATE



Centro d'Ompio

Via Pratolungo 47, Pratolungo

I-28028 Pettenasco (NO)

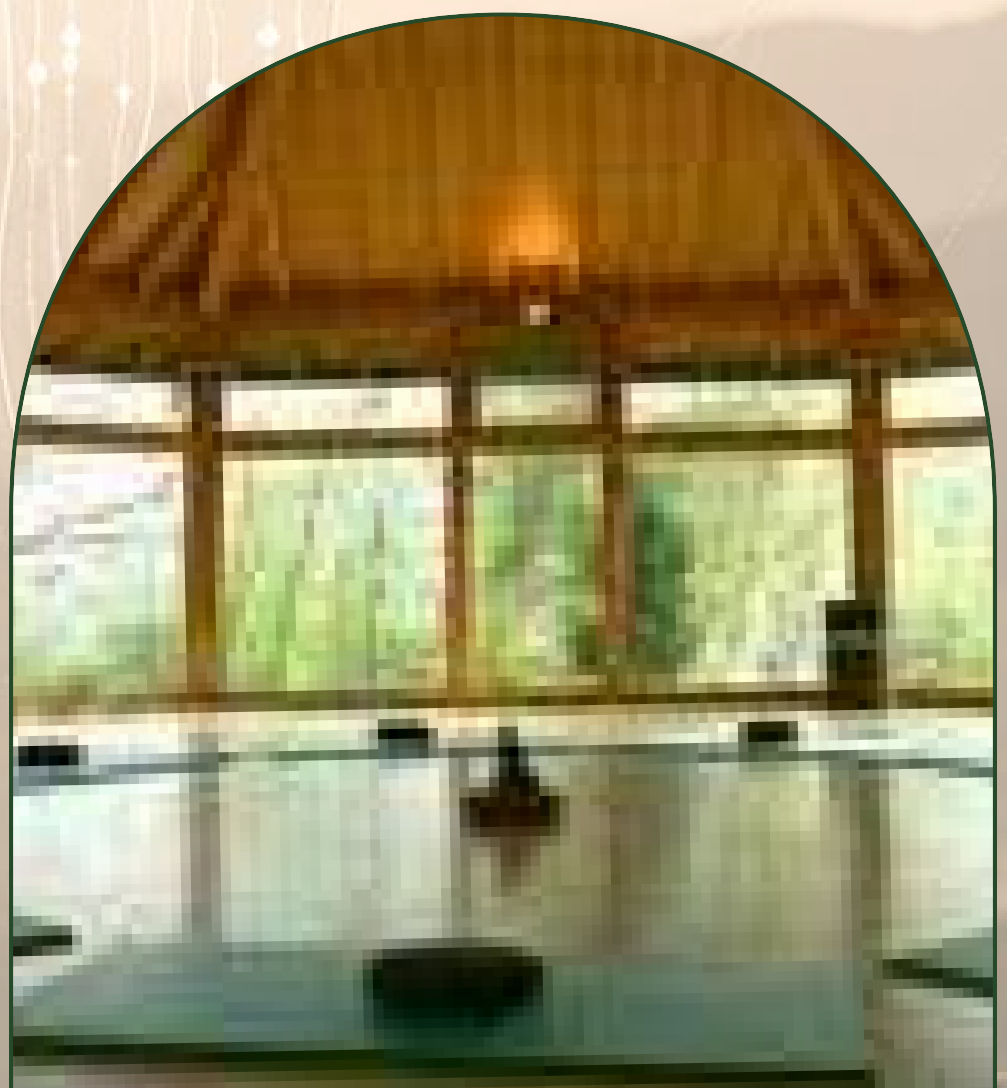
Italia

Coordinate:

Latitude = 45.827955 • Longitude = 8.410705

Accommodation and Full Board

5 nights in a
private or shared
room with 3
vegan &
vegetarian meals
per day



Reserve your spot



- **Seminar Price: €750**
- **Early Bird** until 1 month earlier: €650

Full board accommodations (5 nights, 6 days) starting with dinner on the day of arrival until the farewell lunch on the last day of the retreat :

- Single room: €750
- Double room: €525
- Triple room: €450

According to your preference at the time of booking, priority will be given based on the order of reservations.

Limited spaces available.

To book your place:

1. **Send a deposit of €375**, to the following banking details:

Breath & Body Wisdom APS

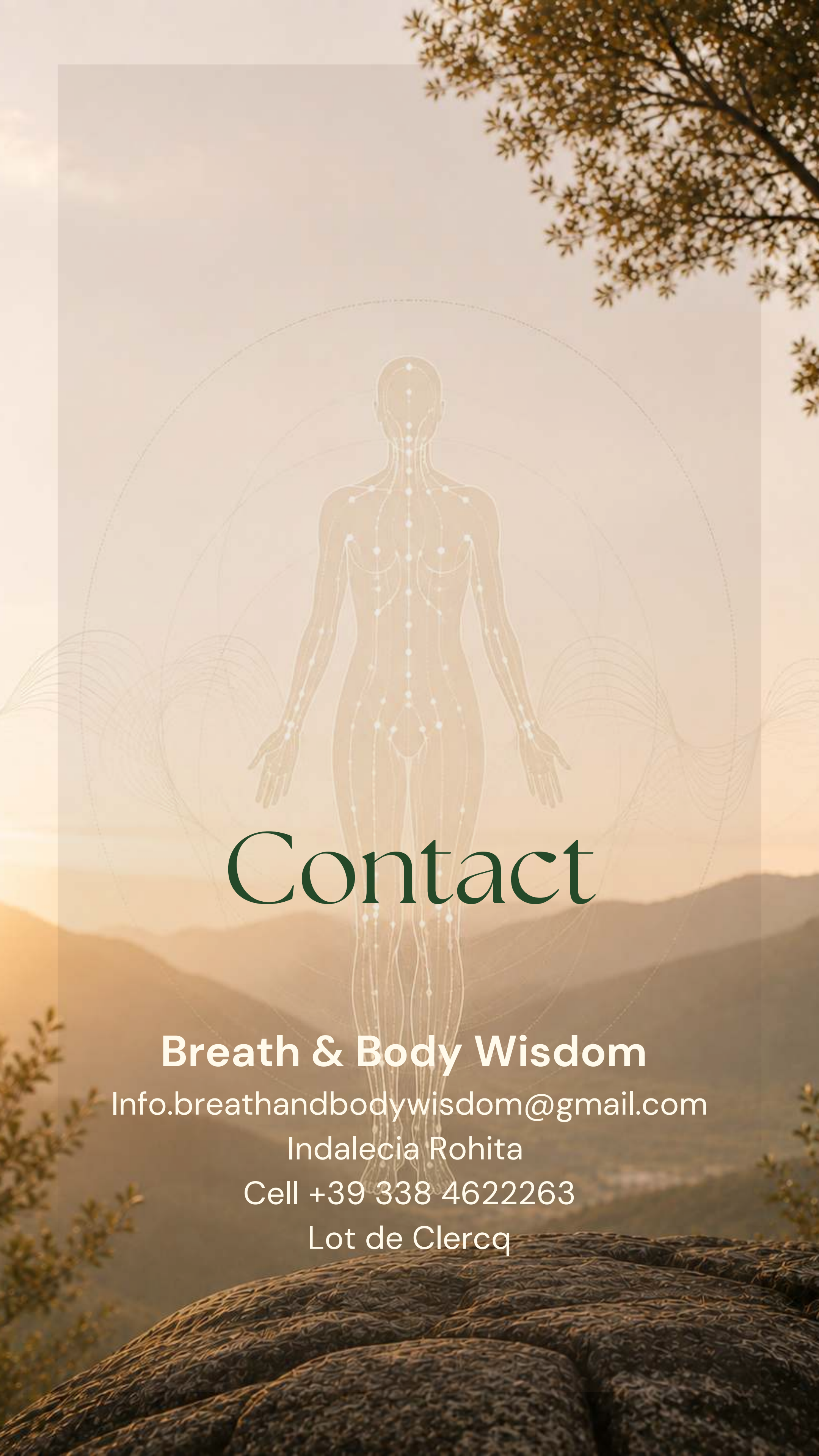
Unicredit Banca

IT86V0200809408000102995270

BIC/SWIFT UNCRITM1204

Reference: name and retreat's date

2. **Send a copy of the deposit to**
info.breathandbodywisdom@gmail.com



Contact

Breath & Body Wisdom

Info.breathandbodywisdom@gmail.com

Indalecia Rohita

Cell +39 338 4622263

Lot de Clercq