

New Year, New You: BREATHE WITH JP Announces In-Person Breathwork Training 2026

BREATHE WITH JP launches its 2026 in-person Breathwork Facilitator Training, offering hands-on coaching to help individuals transform, heal, and step into a powerful new year.



Calabasas, California Nov 10, 2025 ([Issuewire.com](https://www.issuewire.com)) - BREATHE WITH JP has announced its upcoming *in-person breathwork teacher training* taking place in January 2026. Designed for individuals seeking a professional pathway into breathwork instruction, the In-Person Breathwork Teacher Training January 2026 is a comprehensive certification course that covers the fundamentals of circular breathwork (also known as conscious connected breathwork) and prepares participants to lead workshops, group sessions, and one-on-one facilitation with confidence.

Course Overview

The new [in-person breathwork certification course Jan 2026](#), takes place over a multi-day immersion where participants will engage in guided circular breathwork sessions, practice facilitation techniques, peer coaching, and learn the theory behind breathwork as a modality. The curriculum covers the distinctive elements of circular breathwork (conscious connected breathwork), distinguishing it from mindfulness-based practices.

Participants will explore how to structure safe sessions, hold space for a group, manage intensity, and integrate embodiment practices alongside breathwork instruction. The training emphasises both experiential learning and professional preparedness, with modules on business setup, ethics, client management, and trauma-sensitive approaches.

By the end of the training, attendees will receive a certificate of completion recognising their attendance and skill acquisition for breathwork instructor training. The program is suitable for those seeking to deliver breathwork as a service or integrate it into their existing practice.

More about the course: <https://breathewithjp.com/product/in-person-breathwork-teacher-training-january-2026/>

About the Modality

Circular breathwork or conscious connected breathwork is a distinct facilitation-based practice that emphasises continuous, connected inhalation and exhalation, without pauses, in a guided group context. It differs from mindfulness-based breath practices by its focus on sustained breath cycles, somatic engagement, and group holding. Training in this modality emphasises both the experience of breath and the capacity to hold space for others, including managing intensity, emotional release, and integration of the session afterward.

Why In-Person Matters?

While online trainings are widely available, this [breathwork teacher training Jan 2026](#) offers a live, in-person environment where participants can receive direct guidance, practise facilitation in real time, and build community with fellow trainees. The embodied nature of circular breathwork often benefits from on-site support, peer observation, and live feedback, making the in-person format particularly valuable for full integration of facilitator skill sets.

Under the umbrella of [breathwork training certification](#), this offering distinguishes itself by combining hands on experiential learning, supervision during live sessions, and post-certification support networks. The design is intended to enable graduates to step confidently into the role of breathwork facilitator with a solid foundation behind them.

Who Should Attend?

This training is aimed at professionals and aspiring instructors who wish to include breathwork in their service offerings, such as wellness coaches, yoga instructors, therapists, and body-mind practitioners, alongside individuals who simply wish to deepen their personal practice. The program is suitable for those looking for a robust **breathwork instructor training** and who are ready to commit to full participation in a live, immersive format.

Session Details & Logistics

- **Dates:** January 2026 (specific start and end dates will be provided upon registration)
- **Format:** In-person, including guided circular breathwork sessions, live facilitation practice, peer review, theory modules, and professional set-up workshops
- **Location:** To be confirmed; details provided upon application
- **Certification:** Graduates will receive a certificate recognising completion of the in-person training and eligibility to lead group and individual breathwork sessions

- **No Prerequisites:** Both the complete beginner and the well experienced Breathwork practitioner are welcome to join this course.

As an added bonus, if you attend the in person teacher training, you will receive the online teacher training as well for further review and study.

About BREATHE WITH JP

BREATHE WITH JP is a breathwork training and facilitation organization founded and led by World renowned Breathwork Pioneer Jon Paul CrimiCrimi, specialising in circular breathwork (also referred to as conscious connected breathwork). The platform offers both online and in-person training formats designed to deepen both personal and professional engagement with breathwork. Its approach combines experiential sessions, facilitation training, community support, and professional development. BREATHE WITH JP operates under the principle that breathwork facilitation is a skill set that can be taught, embodied, and held safely for others.

Contact Information

The training will be four days: January 29, 30, 31 and February 1, 2026.

\$500 off early bird discount for the first 5 spots!!

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