

GTT Floating and Apprenticing Guidelines

Floating

“Floating” (walking the floor during breathwork sessions) is open to those in the training who have attended at least five modules (including the bodywork module) and who would like to have the experience of working alongside GTT staff while attending the module as a participant. Floating during a module can be for two of the breathwork sessions, or for all four breathwork sessions.

If you would like to ‘float’, and you have enough modules to do so, please let the facilitator team know at the module.

(Please note: the cost is the regular cost of attending a module)

Apprenticing

Apprenticing is the opportunity to gain experience of the facilitator role within a supportive setting by working alongside GTT certified facilitators. It is also a requirement of the facilitator training program that trainees have a minimum of four experiences of working as an apprentice.

Trainees can apprentice in workshops facilitated by a certified Holotropic Breathwork facilitator (with the agreement and support of the facilitator!) any time after the completion of five modules, one of which must be the bodywork module.

For those wishing to gain further experience of apprenticing, there is also the option of applying to join the GTT Advanced Apprentice Program. Applications are welcomed from those in the training who are already certified, or who have completed seven GTT modules, including the bodywork module.

If you would like to join the advanced apprentice program, and meet the requirements to do so, please complete and return the application form at the end of this pack. GTT will be in touch once your application has been processed.

(Please note: certified apprentices cover their own expenses: travel, room and board; non-certified apprentices cover their own expenses plus a fee of \$150).