

**PNEUMANITY™**

# BREATHWORK FOUNDATION COURSE

**JOHANNESBURG | 20-22 FEBRUARY 2026**



## ABOUT THE COURSE

This expertly designed 3-day online course offers a comprehensive and engaging introduction to breathwork, blending scientific insights with practical application. It demystifies the practice, highlights its health benefits, and connects the dots between science, psychology, spirituality, and well-being.

Rich in knowledge and accessible to all, the course distills the latest advances in breathwork, making it both practical and easy to integrate into daily life.

Beyond the theory, this course offers a transformative experience, equipping participants with tools for stress management, mental clarity, and holistic wellness.

Whether for individual development or workplace performance, it serves as a powerful catalyst for positive change.

## WHAT YOU RECEIVE

A course crafted and refined by a medical doctor

A course that merges ancient wisdom with cutting-edge science

Three days of breathwork practices and theory

A deep understanding of the intricacies of the human form

A toolkit for mental clarity, emotional balance, and a natural way to reduce stress

Experience not just one breathwork practice but the full spectrum of breathwork practices that support Breath Intelligence

Once you complete the course, you will be able to understand and craft a personal practice and share with family, friends, and colleagues

# PNEUMANITY™ BREATHWORK

## WHAT ARE THE 7 THREADS?

### SANKOFA

Breath is the thread between remembering and imagining.

### SAFETY

Through our breath, we experience safety, the environment that supports the natural healing process.

### EMBODIMENT

We acknowledge and support the wisdom of the body as an expression of and vehicle for breath.

### WHOLENESS

We relate to our healing from our natural state of wholeness versus from a place of lack or pathology.

### UBUNTU

This universal truth celebrates the interconnectedness of all of life and the breath as embodied Ubuntu.

### CREATIVITY

Conscious breathing transforms an unconscious function into a creative force, supporting our capacity for growth and change.

### THE MYSTERY

Breath is the thread between the known and the unknowable.



The 7 threads of Pneumanity are the guiding principles that support the integrity of our work as 'Pneumanitarians', the practitioners and members of the Breathwork Africa Community. They are universal principles of breath and consciousness, many of which are found within the Indigenous Wisdom Traditions of Africa.

These 7 threads are woven through our training both in terms of philosophy and practical application. We commit to breathing and embodying these principles into our own life in order that we may hold them for others.



## WHO WOULD FIND THIS COURSE FASCINATING?

- Anyone who would like to add breathwork to their current skillset.
- As the first step to pursuing a career in breathwork.
- Anyone who is seeking the tools for personal growth and change.
- Those who want a solid scientific grounding and deepening of their current practice.
- Those who would like to share breathwork with family, clients, and colleagues.
- Those seeking to connect with a global like-minded community.
- Anyone who is curious.

15 CPD Points for practitioners registered with HPCSA

The course is particularly useful for healthcare practitioners, life coaches, teachers, entrepreneurs, performance artists, parents, athletes, artists, those experiencing a life change crisis or anyone wanting to live with more courage, creativity, and authenticity.

No previous experience required, and it is open to anyone around the globe.



**Friday, 20 February, 9am – 4pm**  
**Saturday, 21 February, 9am – 4pm**  
**Sunday, 22 February, 9am – 4pm**

**Venue: The Stillpoint, 3 Cotswold Drive, Saxonwold, Johannesburg**

**Cost: ZAR 8,800 incl VAT per person (lunches included)**  
**Bookings: [simon@breathworkafrica.co.za](mailto:simon@breathworkafrica.co.za)**

**Payment plans are available upon request.**



## DAILY SCHEDULE

### Friday, 20 February 2026

- 9:00am Welcome & Introductions
- 10:00am History of Breathwork
- 11:00am Web of Breath
- 11:30am ART of Breathwork Framework
- 1:00pm Nourishment Break
- 2:00pm Breathwork Session
- 3:30pm Q&A and Wrap-up
- 4:00pm End of Day 1

*"I am still in awe after our training. It has been truly powerful, and I am a breathwork addicted. Thank you to the compassionate facilitators for their guidance."*

Egypt Course – March 2022

### Saturday, 21 February 2026

- 9:00am Check-in practice
- 9:30am The Path of Breath
- 12:00pm The Connector
- 1:00pm Nourishment Break
- 2:00pm Biochemical Alchemy
- 3:30pm The Neurobiology of Breath
- 4:00pm End of Day 2

*"Thank you so much for the course this weekend. It was so much more on so many different levels than I ever could have hoped for. The teachers created such a beautiful space."*

New York Course – August 2023

### Sunday, 22 February 2026

- 9:00am Check-in practice
- 9:30am The Onion and Lotus story
- 11:00am Breathwork session
- 1:00pm Nourishment Break
- 2:00pm Breath Intelligence
- 2:30pm Breathwork in everyday life
- 3:00pm Q&A and wrap-up
- 4:00pm End of Day 3

*"This weekend has been deeply healing and enlightening. I've been able to connect so many pieces within the holistic essence of my being. I feel empowered. I feel more whole."*

Johannesburg Course – September 2023



## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

*"This weekend has been nothing but magical for me. From the most beautifully open, sacred and safe space that was held by the facilitators; to the eye-opening knowledge, which was shared with us so very generously. Filled with light, love and gratitude, I connected to my own pure energy, abundant truth and to so many meanings in this physical reality including collective healing and the mystery of breath; which has allowed me to connect with a more expansive experience of my birthright of freedom." – Farida*

*"Thank you for the incredible opportunity to be part of the Breathwork Foundation Course journey this past weekend, words cannot express the honour and gratitude I feel. The only way I know is to share the power of breath and Breathwork Africa with as many people as possible and I know that the path will unfold as it should.*

*Thank you to the facilitators for pouring your hearts and soul into the work that you do and holding space for us on this journey. It is seen, felt and greatly appreciated." - Ncamie*

*"Thank you so much for this wonderful foundation course. It was really enjoyable and informative. I really appreciated the amount of work that went into it and took so much more away from it than I expected. The aspects covered were so well thought out and really did provide for an embodied experience that I wasn't quite expecting.*

*With great appreciation and gratitude." - Claire*

## YOUR COURSE FACILITATORS

### Simon Kehagias, Facilitator

In 2017, Simon experienced his first conscious breathing session. This profound experience ignited a passion for breathwork that led him to become a certified Breathwork Practitioner and partner at Breathwork Africa.

Simon's deep understanding of the science behind breathwork enables him to take a practical and grounded approach to facilitating breathwork sessions, with a focus on improving physical performance and guiding individuals through challenging and stressful moments in their lives.



### Natalie de Gouveia, Co-Facilitator

After attaining a master's degree in psychology, she utilized her knowledge and her training in play therapy to create dynamic therapy experiences.

Furthering her education by certifying as a hypnotherapist with the IMDHA, Natalie began to understand the importance of embodied practices in healing trauma. In February 2022, she was certified as an Advanced Breathwork Practitioner. Now, with new-found zest, Natalie is weaving the powerful impact of breathwork with her training in psychology, hypnosis and play therapy to create safe spaces and therapeutic experiences.



For more info and Bookings:  
[simon@breathworkafrica.co.za](mailto:simon@breathworkafrica.co.za)

