

# TOSA *More* THAN A BREATHWORK TRAINING

&

# AWAKENING THROUGH TRAUMA *the course*

Unlock the power of conscious breathwork, somatic processing, mantra meditation embodied presence and sacred community so that you can witness the YOU that is unchanged, infinite and empowered.

WITH CREATOR &  
LEAD TRAINER  
KELI CARPENTER



<https://TheOtherSideofAverage.com/TOSABreathworkTraining>

# THE MOST INTEGRATIVE AND COMPREHENSIVE PATH TO PERSONAL AWAKENING, CONSCIOUS HEALING AND BREATHWORK FACILITATION.

Would you like to release your past conditioning, pain or challenges?

Have you been looking to deepen your understanding of your awakening journey and embody greater wholeness?

Do you feel called to serve others on their personal and spiritual healing journey?

Whether you're looking to expand your own healing and awareness or serve others as a conscious space-holder and certified Breathwork Facilitator you will find this TOSA training to be the most integrative and comprehensive path to personal awakening and conscious, integral space-holding and breathwork facilitation.



## RECLAIM YOUR INNER STRENGTH, VITALITY AND LIBERATION.

When you learn to process, heal, integrate and transcend your obstacles, stuckness and traumas you find that life is actually lighter than your stories and attachments. It's only then that you can help others do the same.

TOSA Trainings are an immersive journey to help you clear and integrate emotional, physical and energetic blockages, and open you to greater grace, fulfillment and freedom in your life, as you learn to guide, support, and hold space for yourself and others on this healing and awakening journey.

## IT'S MORE THAN SIMPLY A BREATHWORK TRAINING PROGRAM.

In Awakening Through Trauma and TOSA More Than a Breathwork Training, you will be given the framework and the tools necessary to ensure that you're capable of meeting and processing your own stuckness, triggers and traumas as well as help you understand your personal awakening journey.

Using the foundational TOSA methodologies for healing and integration, rather than just being taught how to breathe, you will learn how to actually work with restriction and its expression in the body. Additionally, you will learn how to use the TOSA somatic inquiry to process to unravel old narratives and beliefs so they no longer limit your potential. You'll learn the timeless art of transcendent meditation to access the unbounded stillness within.

Conscious breath, embodied presence, compassionate curiosity and safe, sacred space always open the door to what you truly need in order to return you to your wholeness and help you rewrite your story—reclaiming your inner strength, vitality and liberation.

## WHY WOULD YOU WANT TO AWAKEN THROUGH TRAUMA? WHY IT'S MORE THAN A BREATHWORK TRAINING?

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With great power comes great responsibility.

It takes proper, conscious facilitation to help someone genuinely heal from their trauma and awaken to their true nature—as pure Consciousness—and not all facilitation is equal. And just “breathing” isn’t enough.

By taking part in this intensive training program, you will become intimately familiar with the cause of suffering, the answer to it, healing trauma and the awakening process as well as how to integrate these experiences and realizations into your life, relationships, or your role as space holders through the use of presence, conscious breathing, transcendent meditation, movement, inquiry and attunement.

The TOSA Trainings give you skills that go far beyond breathwork—it’s about the conscious healing and evolution you ultimately came here for. You will be shown unique, powerful and foundational pillars for healing and awakening to your true nature as love, peace, and empowerment. This course is not just teaching you how to breathe or how to help people breathe. We’re actually learning how to integrate stuckness, stress and trauma as it’s expressed in the body (embodied approach), how to work with Keli’s TOSA somatic inquiry to process and unravel limiting beliefs and narratives (therapeutic approach), and its higher purposes as it relates to awakening, self-realization and experiencing unbounded stillness (karmic approach).

For those looking to facilitate the breath please note: quality facilitation can only happen through the combination of developing the necessary qualities via your own deep healing as a facilitator and having the right guidance, tools and knowledge.



## WHY IT'S MORE THAN A BREATHWORK TRAINING?

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Safe space, compassionate curiosity combined with embodied presence will always meet you where you are and take you directly where you need to go. Presence is the birthplace of happiness and fulfillment—when you learn how to feel, get compassionately curious and consciously awaken you are not bent by your human experience, but rather, you embrace it as your catalyst to live into who you really are. It is then you experience liberation from suffering. Ultimately, this is also the key factor to the difference you can make for others.

When we change the way we breathe, begin asking new questions and learn to listen with our entire awareness—we change the way we live, love, and experience the world.

Through these courses and trainings you will:

- restore trust in yourself and life
- overcome addiction or other self-destructive behaviours
- cultivate the courage to make positive changes
- overcome fear and anxiety
- become kinder and more compassionate to yourself and others
- heal from past painful experiences
- gain new insights and awarenesses about yourself, life, and relationships
- heal trauma, de-stress and release dis-ease
- create healthy boundaries and improve relationships
- feel more joy and a sense of empowerment
- learn to listen to your innate wisdom as you awaken to who you really are
- inspire and help others on their healing and awakening journey
- completion of level one foundations in order to move into the facilitator certification training should you wish
- and so much more



# WHEN DOES IT START AND WHAT'S THE STRUCTURE?

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## LEVEL ONE AWAKENING THROUGH TRAUMA - THE COURSE (MTBT FOUNDATIONS)

This is an immersive study that will support the healing of trauma, free you from areas in life where you feel stuck, and help you break cycles and patterns of dysfunction. In “The Course”, you will learn to create a container that allows you to process any emotional or behavioural pattern, limiting belief or narrative that’s in the way of you being all you can be.

Why is Awakening Through Trauma—The Course (level one) is a prerequisite to becoming a breathwork facilitator or practitioner?

Because we can only lead people as far as we’ve gone.

Awakening Through Trauma—The Course includes a full online life changing course/curriculum, coupled with weekly, live, group, support sessions (centered around somatic breathwork, mantra meditation and somatic inquiry) plus, six one-on-one sessions. You will learn how to work with your own trauma/emotional pain as it’s expressed in the body (embodied approach), how to work with the TOSA somatic inquiry process to unravel limiting beliefs and narratives (therapeutic approach) and realize the higher purposes as it relates to awakening and embodying unbounded stillness (karmic approach).

**[Register Here \\*payment plans are available](#)**

## LEVEL TWO BREATHWORK FACILITATOR CERTIFICATION COURSE

Level Two is an immersive study for Professional Breathwork Facilitator Certification.

Level Two training is for you if you want to hold integral, conscious space for others to heal, experience lasting change, and ultimately awaken to their true nature. You might feel inspired to become a breathwork facilitator because of your own experience with the breath. Or perhaps you’ve already undergone other breathwork training but don’t yet feel confident in your ability to hold integral, safe, sacred space for people when deep emotional pain is triggered.

With great power comes great responsibility.

The breath is a powerful tool for transformation. But one that can be damaging to people, often re-traumatizing them, if you don’t understand how to properly work with emotional pain or trauma as well as how to integrate it. It is far too easy to fall into the trap of being an unhealed healer: people feel inspired to help, to serve, maybe they’ve done a degree of work, or gone through a certification (or two or ten)... but they’ve failed to go into their own healing deeply enough in order to truly support someone else’s—this can sometimes cause more harm than good.

Level Two includes classroom training, observation of Breathwork and TOSA somatic process sessions, individual Breathwork sessions, written and peer assignments, practicum experience and more. You will learn how to use the methodologies gained in Level One (embodied, psychotherapeutic, and karmic approaches) to work with other people’s trauma/emotional pain and to help them awaken to their true nature.

**[Register Here \\*payments plans are available](#)**

## LEVEL THREE COMING HOME RETREAT — L3 TRAINING

Level Three includes a 4-day live in person trauma release training, group practice followed by a 5-day practicum experience (a public 5-day retreat). Level Three is nestled within Level Two and is a tremendously, exciting and empowering experience! In Level Two you learn the theoretical content such as the effects of trauma, integration, leading online breathwork journeys, including guiding touch and so, so much more. You'll become certified to lead breathwork sessions online. Level Three gives you the hands on experience to put all of that information into practice, where you will work somatically with the body and be guided by expert trainers with years of experience with trauma release, conscious awakening and body work. You will gain the confidence needed to hold sacred, integral, safe integrative space for what ever might come up for the people you support.

This is your opportunity to witness this beautiful, transformative retreat for yourself, learn through this in person training and support others. As you immerse yourself into a very special space, you will feel empowered and confident as you develop additional skills and understanding, You'll angel (active support) and witness (learning through observation), and there will be many hands-on aspects of in-person breath sessions during the training. Expect to receive compassionate and truthful feedback from peers and the trainers.

**Team and Public Registration - 2025 is open now**

## LEVEL FOUR PRACTITIONER CERTIFICATION AND MENTORSHIP PROGRAM

“There are no difficult clients, only facilitators who need additional understanding and embodiment”

Level Four is where you have the opportunity to become a certified Breathwork Practitioner. This makes sense if you wish to establish yourself as a professional and take your career to the next level. During this one-year practitioner training and mentorship, you will receive supervision as you work with clients, giving you the opportunity to learn more as real-world scenarios arise during a breathwork session.

Level Four training is an extraordinarily powerful course that will teach you how to use the TOSA somatic inquiry process in its entirety, and how to work with clients through deep process work (when breathwork isn't enough) as you are mentored through the process. A critical aspect of this level is that you will receive supervision calls directly with Keli.

You will:

- receive support for business development
- learn how to create a course or retreat
- receive supervision and mentorship as you build your breathwork business
- be guided and mentored by Keli directly in your own healing and evolution
- become a leader within the TOSA community
- in completion, you could qualify to become a fully licensed TOSA Method trainer and be supported to certify breathwork facilitators under our name

This path is recommended for the facilitator who is devoted to their work and to becoming a master practitioner.

As a one-year breathwork practitioner program graduate, you can apply to operate your own TOSA Breathwork Training branch and register with the Global Professional Breathwork Alliance and be listed on their website. More information about becoming a practitioner will be provided per request, or as you near completion of our facilitator training.

**1-Year Certification** (next cycle is October 2025-26)

## WHO IS THE FACILITATION PORTION FOR?

This facilitator certification training is for you if you want to make a difference in the world—you want to hold space for others, create an impact, and facilitate change—you want to support the raising of consciousness for humanity as a whole.

Breathwork is one of the fastest-growing healing modalities and can be easily integrated with other professional methodologies.

You may already work in healing modalities and are considering using breathwork in addition to those modalities. You might already offer coaching, counselling, shamanic healing, bodywork, yoga or any other related practices.

You may have already completed other breathwork training but don't yet feel ready to hold space for emotional and psychological trauma.

You might feel called to make a career change and become a breathwork facilitator because breathwork has created such a powerful transformation in your own life.

If you feel the call, listen to it!

### REGISTRATION IS NOW OPEN FOR ALL LEVELS!!!

- **LEVEL ONE (Awakening Through Trauma):** this is for those that want to be held in a sacred space through their somatic healing so they can break the cycles of dysfunction, prolonged stress, past pain and trauma.

<https://tosa.mykajabi.com/offers/uXKBzS4z/checkout>

- **LEVEL ONE & TWO:** this is for those who would like the above as well as learn how to facilitate conscious breathwork and hold sacred space for others healing journeys. \*\*payment plans available

<https://tosa.mykajabi.com/offers/oi8nBrpV>



# MEET KELI

## LEAD TRAINER AND FOUNDER OF THE OTHER SIDE OF AVERAGE [TOSA] - THERAPY FOR THE SOUL

Keli is no stranger to mind, body and spirit awareness. She first started practicing transcendent meditation at the age of six. Keli is now a Chopra Center Certified Transcendent Meditation (PSM®) Instructor, Conscious Relationship, Uncoupling and Parenting Coach and Conscious Connected Breathwork Facilitator, Mentor and Trainer.

She is also a published author, has studied with Gabor Maté and is the founder of both The Other Side of Average - Therapy for the Soul and the TOSA Method.

Keli has trained, mentored and guided 100's of breathwork facilitators and organized and supported breathwork retreats/graduation training events .

Keli's commitment to conscious living has allowed her to raise 3 beautiful children with mindfulness, overcome limiting self-concepts, heal her body of disease, and accomplish pain-free childbirth.

With over 40 years of meditation experience, her goal as a Soul Therapist is to help you learn and master the three most essential tools that help align you with your soul's purpose — your essential nature and the truest expression of yourself — all whilst healing and transcending past resentments and stories that have kept you stuck and in pain.

It is then that you experience the miracles and fulfillment of life in every moment and embody the presence to hold sacred space for others to evolve beyond their story.



*"It's hard to describe Keli's capacity to facilitate understanding and healing. Her spirit is light and playful; however, she can help lead you to the darkest places and hold the space for you as you bring light to them." -Mother /Entrepreneur*

*"Working with Keli has been a gift unto myself. Keli's somatic attunement and intuitive guidance into presence allows such a safe container for any client to truly experience anxiety, fear, trauma, or any life hurdle with dignity, and understanding. Thus, giving you the space need to transform and empower your own self. Her teaching method and breathwork also gives you the tools and context to move through difficult emotions. I have much gratitude for her life's work and how it has helped me in such a short period of time" - Somatic Therapist*