

Online Training Assignments Checklist

Below is a checklist of all assignments that are to be turned in as part of the online training, along with the page number from the Student Guidelines that gives further information.

- Receive four BBTRS sessions from mentors. A minimum of 2 should be with your own mentor, and you should have the first session within a month of completing Module 1 (p. 3).
- Give and receive one practice session with a fellow student before starting Module 2 (p. 3).
- Give and receive six practice sessions with fellow students before starting Module 3 (p. 3).
- A minimum of 35 practice sessions on clients who are not in the training. At least one of these sessions must be given to your mentor before starting module 3 (pp. 4-5).
- Following every practice session the client fills out a Practice Session Evaluation form. Transfer the summarized information from these forms on to the Practice Sessions Summary form (p. 7).
- By the end of Module 3 and once your 35 practice sessions and seven student exchanges are completed, please submit to info@biodynamicbreath.com and cc: danapiper.breath@gmail.com (p. 7):
 - 1 Practice Sessions Summary form
 - 7 Student Session Exchange Evaluation forms
 - A list of the dates you received sessions from the mentors
 - A 2-page paper (double spaced/12-point type) describing your personal process in the training. In your paper write about your insights around your growth, healing and transformation, and professional progress/experiences towards becoming a BBTRS Practitioner.