



28, 29, 30 March 2025 and 16, 17, 18 May 2025
IN PERSON, IN LONDON, AND ONLINE
MARCH AND MAY 2025

CAROLYN COWAN

ALTERED
STATES
THE BREATH

www.carolyncowan.com

"To breathe consciously is to become utterly present, right here, right now. It is a way to gain true mastery over the mind."

- Carolyn Cowan

OFFERED FOR THE FIRST TIME IN HYBRID FORMAT
JOIN IN PERSON, IN LONDON AND/OR ONLINE

My name is Carolyn Cowan and I am a psychotherapist with specialisms in trauma, addiction, shame, anxiety, pre and postnatal issues and more. I am also a yoga teacher and teacher trainer, with a decades-long fascination with the breath.

I have been teaching yoga for 30 years, and I bring in breathwork at the start of every single class. I choose to do this because of how quickly the breath brings change.

When walking through any kind of difficult landscape within yourself, this is key. I'm really fascinated by how the breath allows us to take over, work with, master, change, deal with, (lots of words I can use relative to), ourselves.

On Altered States: The Breath, a six day training I run over two, three-day, weekends in March and May 2025, there is an opportunity to go deeper into this.

We will look at an extremely broad range of breath. This training will gift you with a huge amount of tools for transformation, for taking yourself, or, if you are a teacher, the other, to altered states of being.

If you would like to learn more about the training, what others have said about it, what to expect, and the answers to the most commonly asked questions, read over the pages of this PDF.

If and when you're ready to sign up, you can do so on my website: www.carolyncowan.com



ALTERED STATES: THE BREATH

28, 29, 30 March 2025 and the 16, 17, 18 May 2025

09:30 - 17:30, UK Time, in Battersea, London or Online

"I feel very lucky to have had the time to do this very rich and empowering course using breath for some serious transformations. Its magic!"

A magnificent course, with an incredible teacher, who brings in so many colours from other sources into the teachings of breath."

- Previous Participant

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09:30 - 17:30, UK Time

Yoga Alliance Certified, Allowing Yoga Teachers of All Disciplines to Take an Exam and Certify to Teach The Breath.

The Training is Open to Everyone. If You Are Not a Yoga Teacher, You Simply Do Not Take on the Exam After the Training Ends.

Syllabus

Despite its potential to transform, breathwork is not always taught in a yoga class and this training will give you a huge amount of tools. These tools can be used for yourself, by yourself, to incorporate the breath into your personal practice. If you are a teacher, you will also gain the tools necessary to confidently incorporate breathwork and pranayama seamlessly and safely into the classes that you teach.

Throughout the six days, you will learn the benefits, contraindications and methodologies of a huge array of breath practices.

We will explore the breath through two specific lenses: low oxygen and high oxygen breath techniques.

These approaches allow exploration of three specific states of being – the negative mind, the neutral mind and the positive mind.

You will work with both ancient and modern breath techniques, understand how stress and relaxation systems work and explore the deepest stillness all the way through to releasing DMT (the “spirit molecule”) into the body.

You can expect to gain understanding of the stress system and how many aspects of our physiology can be changed by working with the breath.

ALTERED STATES: THE BREATH

COMMON QUESTION ANSWERED

What will the days on the training involve?

Each weekend takes the form of a three-day workshop. The two weekends run from 09:30-17:30 over Friday, Saturday, and Sunday. You can join me in person, in London, or sign in online.

We will spend considerable time working through breath practices together, exploring the physiological and esoteric elements of each.

You will have opportunities to teach each other in smaller breakout room/ groupwork sessions (if you are not a teacher, you can still play!) and I will include lots of opportunities for questions that come up. I will also be giving lectures on different aspects of the stress system to underpin the 'why' behind the benefits of conscious breath.

How will Altered States: The Breath, be delivered?

Altered States will be delivered both in person and via zoom. I have run this training five times now, via Zoom, and it works wonderfully, but many prefer the in-person experience and so, having recently run other trainings in hybrid format, I have decided to offer the option for this training too. This is one of my favourite trainings to teach because we take ourselves to, or toward, some extremely interesting experiences of the self. To be in the comfort of your own space on this training is a real treat and the group dynamic works beautifully... we do make connections.

If you sign up, you will receive a receipt, but the Zoom links/in person address and more information, including the manual, are not provided until a week or two before the training begins. If you are not familiar with Zoom, it can be downloaded as an app to your mobile phone or tablet or, if you'd prefer, on to a desktop computer or laptop. If travelling to London, the venue is a ten minute walk from Clapham Junction station.

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COMMON QUESTION ANSWERED

What equipment will I need?

If you will join online then you will need a phone, tablet or computer with Zoom installed.

Beyond that you simply need:

- Somewhere to sit comfortably.
- A yoga mat, if you have one. (I can supply in-person if you cannot travel with one).
- Cushions, blocks or a bolster can be handy for sitting beautifully, which is an invite you will hear much during the training.
- A blanket can be helpful for the many opportunities to lie back and be soft.
- You may wish to have a notebook and pen for taking down information in the lectures but mainly you just need yourself and an intention to open your mind, transform how you feel, and inspire you, if you are one, as a teacher!

What should I wear?

You can wear whatever you are comfortable in. Loose fitting, comfortable clothing can be ideal but I have no intention of prescribing a dress code!

Do I have to keep my camera on if I join online?

If you will be online, this training is a cameras-on experience. If you are unable to be present for certain parts of the training you can sign out and catch up from recordings, but if you are there, it is interactive and the intention is that we work together as a group. For this, cameras on is a must for the intimacy, guidance, and presence required for the training to be as transformational as it can be.

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COMMON QUESTION ANSWERED

Will we get breaks?

Yes! Generous breaks are factored into each day. You have a mid-morning break, a 75 minute lunchbreak, and a break, too, in the afternoon.

I am not a teacher. Do I need to have practised yoga and/or breathwork before?

Altered States: The Breath, is a radically inclusive training and is entirely suitable for those who are completely new to the breath. Being a seasoned yogi, or having huge prior knowledge or experience, is in no way a pre-requisite for taking part.

Is it only you who teaches on the training?

The vast majority of Altered States: The Breath, is delivered by me. On one day of the training, for a few hours, I bring in a trusted colleague, and an extremely excellent breath practitioner, who will explore alternate ways of playing with the breath with you all.

I saw it mentioned that Altered States was something to do with Kundalini Global. What is Kundalini Global?

Kundalini Global is a new form of Kundalini Yoga, which I founded in 2020 when I launched the first round of the 220 Hour teacher training. Kundalini Global teachers hold that everyone can have a very profound and deep experience of their relationship to the Divine, in whatever form they believe it to take by finding immanence within themselves.

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COMMON QUESTION ANSWERED

Teachers are expert in the stress system and are encouraged to be self-reflective, well-boundaried, supervised and, most of all, imperfectly human. Altered States: The Breath, is a part of Kundalini Global Level Two, for teachers who have trained with me. However, it is also open to people who are not yoga teachers, and to teachers from any other discipline.

You can read lots more about it on the [Kundalini Global website](https://www.kundalini.global) where you can also find out about training to join the growing community of Kundalini Global teachers:

www.kundalini.global

Can I cancel my booking?

Yes. If you cancel more than 14 days before the event you can access a full refund. If you cancel up to 7 days before the event we will refund 50% of your total booking cost. For full terms and conditions visit my website:

<https://carolyncowan.com/terms-and-conditions/>

Can I access recordings of the training?

After the training, all teaching, including lectures and the individual breaths we cover, will be made available to you. It may take a little time to edit 6 days of videos so please bear with us after the training ends. I do not record the break out rooms/small group work in the room.

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COMMON QUESTION ANSWERED

Why are there two different price options?

Altered States: The Breath, costs £850 to attend. If you would like to gain Yoga Alliance certification to teach the breath, a further payment of £100 is required to cover the costs involved in that process. Only those who choose the £950 option will have access, after the training ends, to the exam.

What is the exam?

To certify from Altered States: The Breath, you will be expected to take on a period of, documented, personal practice for a set period of time. This will be fully explained on the training.

When your documentation has been received, I will send you the exam, which is an open-book-undertaking, with no time limit. It is a series of questions to work through relative to working with the breath, and may require some research that goes beyond what we cover over the two weekends.

Do we get a manual?

Yes, the training has an excellent manual that has been compiled over several years. It will be sent to you in the week leading up to the training as a PDF. I would suggest that you get it printed so that it is easier to work with, but that is up to you! The manual contains in-depth information on the stress system, the physiology of the breath, and walks through a huge array of breath practices, giving clear instructions for all.

ALTERED STATES: THE BREATH

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COMMON QUESTION ANSWERED

Is this a Kundalini Yoga as Taught By Yogi Bhajan Training?

No.

Kundalini Global has no affiliation with KYATBYB. The contents of this training is in no way limited to breathwork affiliated with Kundalini yoga in any form. I have worked with, studied, practiced, the breath for decades and the breathwork contained within this training is drawn from a huge number of sources, some which may be deemed 'spiritual' in nature, others that have been taught, framed, shared, in entirely scientific and pragmatic ways.

This training is not limited to pranayama, which is a specific form of breath practice. We will look, in depth, at the huge amount of cult thought that exists around the ways we can breathe. My hope being that the eclectic mix of breath practices and non-dogmatic approach that I take in training teachers means that you can work with what you learn in a way that is considered open-minded, and unique to you. ,

Where to I sign up?

If you are ready to sign up for Altered States: The Breath, you can do so on my website.

There are two payment options, with and without certification.

If you would like to set up a payment plan for either please get in touch: info@carolyncowan.com, otherwise, you can register here:

<https://carolyncowan.com/altered-states-the-breath-certified-training-starts-march-2024/>

ALTERED STATES: THE BREATH FEEDBACK

"Carolyn is such a font of knowledge. Altered States is an absolute romp through the breath, the lectures are fantastic and sometimes hilarious and always mind blowing.

A way to get off your head just by breathing.

It will engage you, challenge you and change you.

Take the trip!"

"The Altered States breath training has been an incredible learning experience for me. The thoroughness and exploration of what we are capable of doing to ourselves simply through the breath is mind blowing.

When it comes to breath work training, I feel this offering is second to none in terms of the exploration of both science and esoteric knowledge.

There is an invitation and container for us to discover a different relationship to ourselves and I especially love that we are encouraged to feel into our instincts when it comes to the effects of the breath..."

ALTERED STATES: THE BREATH FEEDBACK

I feel very lucky to have had the time to do this very rich and empowering course using breath for some serious transformations. Its magic! To change how I feel within a few breaths. It really is a magnificent course, with an incredible teacher, who brings in so many colours from other sources into the teachings of breath.

The Altered States manual is like a piece of art, incredibly insightful with beautiful illustrations. This knowledge is must for anyone who wishes to live to their most highest self, want to be in control of their stress system and open all the doors – just by breathing more consciously! I really enjoyed meeting the other students on the course in the zoom rooms too!

This was my first time interacting like this. It really was exciting and fun to see who I would meet every time Carolyn gave us time to practice teaching in the rooms. Carolyn is gold, her knowledge, the other students I met online – this all really made the course my GOLDDUST of 2020.

ALTERED STATES: THE BREATH FEEDBACK

Also wanted to thank you for such a unique training , every second of the training was so fulfilled with knowledge that I need to watch and re watch to digest them. This training was beyond my expectations ,every yoga teacher should and must do this training . I actually feel short of words to express myself but I'll try. I love your passion about sharing your gift with us so generously and so genuinely , I'm always amazed by your intelligence and your humbleness . These are not only a great teachers quality but also an amazing human beings personality . Feeling very grateful to know you.

ALTERED STATES: THE BREATH

28, 29, 30 March 2025 and the 16, 17, 18 May 2025
GMT 9.30am - 5.30pm in Battersea, London or Online



ABOUT CAROLYN

Carolyn Cowan is a Psychosexual Therapist specialising in couples, pre & post natal, addiction, trauma recovery and more. She runs workshops in various subjects in the UK and abroad.

She is also a Kundalini Yoga and Breathwork teacher and, of course, a Teacher Trainer with decades of experience. Prior to her career as a therapist and writer, Carolyn was a fashion designer and photographer.

During the 1980s, she earned acclaim as a makeup artist in the pop music video industry. Carolyn discovered yoga in India and is heavily inspired by Hindu spirituality. During an interview with British Vogue, Carolyn said,

"yoga builds confidence, connections and friendships. It eases loneliness, gives you faith in yourself. By attending a regular class, you join a community and a worldwide tribe; with yoga as a part of your focus you can go on to train as a teacher, empowering yourself and changing the lives of others."

In 2019, she was named among the top 16 yoga teachers in London. The same year, she founded and launched Kundalini Global, in answer to the rapidly growing and profound need for yoga to become more inclusive and serve a wider demographic.

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09:30 - 17:30, UK Time, on Zoom.

When you start to understand that you can profoundly change how you feel, using nothing but the breath, you have another decision that comes along... do you deserve it?

- Carolyn Cowan

PRICES AND BOOKING

The cost of Altered States: The Breath is £850.

If you wish for Yoga Alliance certification, there is an additional charge of £100 to cover the cost of an examination following the course in which you will be tested on your knowledge.

For full terms and conditions on booking please visit my website:

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