



# 6 Hour Rubenstein Method Breathing Certification Training

December 11, 2021 | 10 AM – 4 PM (6 HOURS)

**Instructor: Dr. Rubenstein  
Patty McShane, Assistant Instructor**

## Orientation

- Introduction to the Rubenstein Method
- Why this Method – Chronic Stress & Pain, Trauma is Common, Efficient Solutions, Deeper Breathing Knowledge

## Logistics:

- Time: 10:00 AM – 4:00 PM (6 HOURS)
- Dates: December 11, 2021
- How: Lecture/Lab emersion & hands-on
- Who: Breathing Coaches, a/o above
- Level: Not Lay Person
- Price: \$449. Ea.
- Sign Up: Patty McShane 714-392-2458
- Online: Rubensteinmethod.com
- Link: [rubensteinmethod.com/training/breathing6](https://rubensteinmethod.com/training/breathing6)

## OVERVIEW

Certification: RM Breathing 12 Techniques

- Visual & Symptom-Based Respiration Evaluation (1)
- Diaphragm Assessment – on/off/% (3)
  - ✓ Seated
  - ✓ Supine
  - ✓ Prone Spinal Respiration
- Trumpet Breathing
- Bugle Breathing
- Simultaneous Breathing
- Pause and Pinch Breathing (2)

## Lecture Material 2.0 Hours

- Anatomy Review of Respiration
  - ✓ Diaphragm
  - ✓ Primary Chest
  - ✓ Accessory Breathers
- Vocabulary of Respiration
- Biomechanics of Respiration
- Chemistry of Stress & Relaxation
- Physiological Reflexes involved in Respiration

## Break: Midway through 15 minutes

- Bring food, Self-Cleanup

## Practice and Execution, Scripting 3.0 Hours

- Diaphragm Evaluation & Performance
- All 12 Breathing Techniques Practice under “Overview”
- TMD Review (Info Only)

## SYMPTOMS & RESULTS:

### Symptoms of Concern

- Breathing Inhibitions & Causes
- Chronic Low Back Pain & Causes
- Chronic Neck/Shoulder Pain & Causes
- Chronic Headache
  - ✓ Tension Headache
  - ✓ Migraine Headache
  - ✓ Trigger Point Referred Pain Headache
- Jaw Issues (Info Only)

### Client Results

- Pain Relief and Stabilization
- Improved Sleep
- Higher Energy
- Mood elevated and sustained

### Materials

- Manual for Class
- Certificate of Completion Included
- Final Exam Included (45 minutes)

### Administrative

- Non-Compete
- Terms of Use

COMMERCIAL: Next Steps? During break  
[rubensteinmethod.com/training/level1](https://rubensteinmethod.com/training/level1)  
[rubensteinmethod.com/training/level2](https://rubensteinmethod.com/training/level2)