



BreathBodyMind  
Foundation

# BREATH-BODY-MIND™

## Special Needs Teacher Training Level-III



John Pagano

..... having successfully completed Breath-Body-Mind Level-III Teacher Training, is certified to teach individuals and groups the following Breath-Body-Mind practices: Coherent Breathing, Breath Moving, 4-4 Arm Circles, 4-2-4-2 and 4-4-6-2 Breathing, Alternate Nostril Breathing, Tapping, Hug and Squeeze, HA Breath variations, Body Scan, Sky & Earth, and Energy Ball and to give developmental feedback to BBM Instructors and Teachers in training.

This training includes trauma-sensitive methods, grounding practices, cultural sensitivity, Qigong-based movements, Voluntary Regulated Breathing Practices, and body scans, all used to alleviate symptoms of stress and stress-related medical conditions. Lectures and discussions cover the neuro-psychophysiological effects of breath practices, clinical studies, mass disasters, refugees, therapeutic applications, precautions, contraindications, and modifications for teaching children, pregnant women, individuals with physical limitations, and those with mental health conditions. Skill competency is developed and evaluated through online direct observation, developmental feedback, and mentoring by BBM faculty. In addition, Level-III teachers have gained experience leading BBM classes and practice sessions, as well as teaching BBM Level-I Instructors.

BBM Level-III Teacher Training is an interactive online program featuring talks by Dr. Richard P. Brown and Dr. Patricia L. Gerbarg. All Level-III Teachers have completed at least one BBM Fundamentals Course, one Level-I Instructor Training, one Level-II Teacher Training, and Level-III Teacher Training, for a total of 138 hours.

Level III teachers may teach BBM techniques to individuals and groups and assist in BBM courses. Level 3 Teachers are expected to participate in ongoing BBM practice sessions and updates to maintain their competencies and further develop skills. When teaching, lecturing, or writing about these methods, they will attribute their training to Breath-Body-Mind™. John Pagano is now certified to teach BBM practices and train BBM teachers to adapt these practices for individuals with special needs.

**December 1<sup>st</sup>, 2025**

Richard P Brown, MD

Richard P. Brown, MD

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Patricia L. Gerbarg, MD

Patricia L Gerbarg, MD

Assistant Clinical Professor in Psychiatry  
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Certificate Number  
**BBM2026190**