



## Introducing Alakh Analda, Rebirthing Breathwork Mastery Trainer

Founder and director of Zentium International,  
Rebirthing Breathwork Mastery,  
a Yoga Swami and Breathwork Mastery Trainer.

Born in Australia on 23-1-1950. Studied Metaphysics and trained as a metaphysician in her teenage years.  
She was initiated into Kriya Yoga, India 1976.

Lived in India for 9 years after being initiated into the holy Yogic order of sannyasa, as a Swami, in the Yogashram of Swami Satyananda Paramahansa 1977 - 86, gaining extensive Yoga training and teaching experience. Here the teaching was direct, indirect and by direct transmission.



Upon her return to Australia, Alakh facilitated a series of Yoga Teachers Trainings and trained as a Rebirther Breathworker graduating 1987.

Since 1987 Alakh has been facilitating Rebirthing Breathwork mostly from a Sydney base. Besides long term private practise, she has facilitated many hundreds of Groups, Weekends and Six Day Workshops in all parts of Australia, and also overseas, in Rebirthing Breathwork with Chakras, Meditation and Yoga and Kriya Yoga training.

### **Alakh's courses are accredited 1998**

In 1992, Alakh instigated Professional Rebirther Breathworker Trainings, her main activity Australia-wide. The Trainings have been recognized by the National Government as accredited Vocational Trainings in the area of professional health care since 1998. Now these have been re-accredited within the National Health Training Package for the strand of breathwork Alakh promotes named "Rebirthing/Breathwork Mastery". This strand has its emphasis on using breath for integrated personal/spiritual development where the emphasis is on self awareness and self paced clearing leading to self mastery. Breathing that allows integrated access to the spiritual, mental, physical and emotional aspects of the levels of experience - clearing and reprogramming at the level of the cellular memory, is the main emphasis of her work.

The courses are now accredited within the Australian Qualification Framework (AQF) as nationally recognised training for personal/spiritual development and for practitioners and trainers

Alakh was President or Secretary of the Australian Association for Professional Rebirthers, now Australian Breathwork Association, for its first five years of re-inception, and is now also a



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member of the International Breathwork Foundation and the Australian Co-ordinator and a member of the Satyananda Yoga Teacher's Association, and she is recognised as a trainer in the International Breathwork Training Alliance and nominated as a Board Member.

Alakh now facilitates the accredited courses and monthly six or eight day live-in training retreat intensives at Byron Bay, and delivers monthly trainings in Sydney and in other locations, by arrangement, including elearning on an individual basis. This includes establishing training for Europeans in Scotland in association with Karlyn Boyter in Edinburgh. She also sees private clients in Sydney, Gold Coast and Byron Bay.

Her passion is observing, documenting and supporting the evolution of human consciousness through the Chakras and relating the ancient yogic wisdom to modern personal and spiritual development.

Alakh spends her time with a long term partner in Byron Bay shire beside the ocean, including taking care of two energetic dogs, one aged cat and a few ponds full of tadpoles emerging to green frogs in the back garden - and having a laugh at "Little Britain" and as many other aspects of life that she can find.