

# Max Strom's 200-hour Inner Axis Teacher Training 2026

## Enrollment Application

### Terms & Agreements

**Dates:**

September 2026

**Location:**

Geibelstraße 54  
22303 Hamburg, Germany

**Special note:**

Enrollment is limited and by permission only.

**Preparation**

You must have practiced with Max before in a breathing workshop or retreat. If you haven't, you can fulfill the requirement by practicing with his Learn to Breathe video regularly for two weeks prior to the commencement of the training. This video (\$4.99 USD) can be purchased and downloaded from his website store: <http://maxstrom.com/store>. Alternatively, you can download and work with Max's App, Strategic Breathing, and practice with it for 30 minutes daily for at least two weeks prior to the training. Enter the course with curiosity and an aim to challenge and expand what you already know.

We also ask that you watch Max's TEDx talk, Breathe to Heal, on YouTube.

Required reading: find a detailed list on the next page.

The purpose of this preparatory work is so that when the training begins, you will already be familiar with and accustomed to some of Max's breathing exercises. This will save time in the training.

I've read and will meet the requirements.

your signature: \_\_\_\_\_

# Required Reading:

## To be studied prior to Segment I

A Life Worth Breathing by Max Strom

*\*Besides paperback and ebook, also available as audiobook on Audible.*

The World's Religions by Huston Smith

*\*Only the section on Hinduism is required - the rest is suggested.*

## To be studied prior to Segment II (Anatomy of Movement)

The Muscle Book by Paul Blakey  
(any edition)

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## Suggested reading or listening:

(To be read over a period of a few years)

There Is No App for Happiness: Finding Joy and Meaning in the Digital Age with Mindfulness, Breathwork, and Yoga

By: Max Strom

Shambhala Guide to Yoga by Georg Feuerstein

Man's Search for Meaning by Dr. Viktor Frankl

The Encyclopedia of Yoga - Georg Feuerstein

(Fantastic coffee table book to dip in to every few days and learn the history of yoga and terms used)

Unity of Religious Ideals - Hazrat Inayat Khan

Gandhi the Man - Eknath Easwaran

Raja Yoga - Swami Vivekananda

The Dhammapada - Eknath Easwaran

The Tibetan Book of Living and Dying – Sogyal Rinpoche

Vows and Observances - M. K. Gandhi

# Code of ethics

*Read the code of ethics below and when in agreement, please sign.*

## Inner Axis Code of Ethics

As a teacher of Max Strom's method I agree to represent and honor the following:

I agree to present myself as a leader, teacher, and servant, and will maintain clear and professional boundaries with students.

I will not use shame, anger, or force as a teaching method.

I will provide a safe environment, and cultivate respect, kindness, honesty, and humility in my students and myself.

I will discourage competition and encourage self-care.

I agree to represent myself honestly and provide only guidance and services that I am qualified for.

I agree to be punctual for the training, arriving no later than 5 minutes before classes begin. I will then be punctual as a teacher going forward both in starting my class and ending my class.

I understand and agree to this code of ethics:

your signature: \_\_\_\_\_

# Financial Arrangements

## Inner Axis Teacher Training Investment:

### Segment 1: Yoga and Movement in Hamburg 7-21 September 2026 | daily 9am - 4:30pm

€1,700 incl. 19% VAT / €1428.60 excl. VAT to be paid at DamnGood Yoga

Your tuition fee covers the teacher training handbook, all course handouts, and all guest teacher fees. Fee does not include travel, meals, or accommodation.

### Segment 2: Breathe To Heal & Anatomy (with guest teacher Jamie)

BTH Facilitator Training & Anatomy Segment

- 7-Day Training in Austria
- 3 Anatomy Weekends, total of 7 days online training (live stream) from 12:00-19:00 EST.
  - 9-11 October 2026
  - 17 and 18 October 2026
  - 24 and 25 October 2026

€2,230 incl. VAT / €1842.98 excl 21% VAT to be paid at Max Strom.

Excludes accommodation and travel costs. Room reservations must be made by the student with the hotel directly. Accommodation costs Austria:

- Double room: €1,008 incl. VAT
- Single room: €1,212 incl. VAT

*If you have already completed the Breathe To Heal Facilitator training with Max a deduction of €1,550 is available and you will not join the 7-day training in Austria.*

I am enrolling for the Breathe to Heal Facilitator Training with Max Strom and I will complete the payment with DamnGood Yoga. I have read, understand and agree with the general conditions of the training as stated here. After confirmation of registration and approval of my application, I understand I need to pay the full amount as is stated above and applicable to my situation within 14 days. Max Strom has the right to give my spot away if I do not pay the balance by the appointed date. You will receive detailed instructions for payment from DamnGood Yoga after your application has been approved.

### Cancellation Clause

We reserve the right to cancel the training in the unlikely event of circumstances beyond our control such as new pandemic restrictions, epidemics, extreme weather events or political unrest, illness, or due to insufficient registration. If a cancellation by Max Strom due to insufficient registrations or due to circumstances beyond our control were to occur, your registration fee would be refunded in full.

### Declaration/Agreement

By signing this I acknowledge that I have read and understand all the requirements and guidelines of this training and agree to all its terms in good faith. I also declare that the information I provided in this application to be true and complete.

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Name

Date

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Signature

**IMPORTANT: Make sure you sign all 4 pages of this document.**

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