

# Going with the Flow?

The Breath is your most direct connection with Life-Force Energy, and the essential flow of life occurs in each breath. However, cultural and family conditioning often leads to the disruption of our natural healthy breathing patterns. Transformational Breathing is a powerful wholistic approach to healing and regenerating body, mind, emotions and spirit. Restore your natural, joyful connection to your Breath and your world. When we transform the way we breathe, we also transform the way we experience life.

## Reclaim Your Breath



Reclaim Your Breath (RYB) is one of several official TBF introductory weekends that allow you to discover the three levels of Transformational Breath and experience them in four very powerful breathing sessions. Led by Trainers and staffed with program graduates and Certified Facilitators, RYB and similar weekends are a wonderful way to explore and experience the power of breathwork with a minimal commitment and maximum results.

Discover your own unique breathing pattern, begin to open your breath, and feel dramatic shifts in your life as a result. Clear negativity in the subconscious, and understand how Transformational Breath clears cellular memory. Discover how and why we can use the breath to create more Spiritual awareness

# Transformational Breath®

## Personal & Professional Training

and open to your unique gifts. Across the globe, many thousands are experiencing the joy that becomes a daily reality with Transformational Breath. If you are ready to experience joy on a regular basis, the Personal and Professional Training program is your next step.

## Yes ... you can choose joy!

### Levels I, II & III (Seminar) Personal Training

The first three levels of training focus on transforming your own breath and life, and are open to anyone who wants to do so. Learn how to use the breath to create powerful and permanent personal transformation in less than a week.



The week-long Seminar begins the process of mastering your breath and understanding how it is directly connected to mastering your life. We'll explore numerous ways of working with the breath, so that it becomes an indispensable tool for daily living. Two or three breath sessions each day provides a wide diversity of full, diaphragmatic breathing techniques. We also incorporate coaching skills and very powerful self-healing modalities that support the changes initiated by Transformational Breath.

This program is sometimes available in two long or three short weekends for those who are not able to attend the 6 day program.

# Taking It To The Max!

A generous staff ratio (1 facilitator for every 3 participants), a comprehensive training manual, and healthy lunches all add to the supportive atmosphere. As we progress, we'll focus on the following topics:

### Level I ~ Awakening Your Truest Self

- ✿ Master Your Own Breath
- ✿ Levels of Transformational Breath
- ✿ The Five Rites of Balance
- ✿ Inner Child Play
- ✿ Breathing Analysis
- ✿ Invocations
- ✿ Toning & Sound
- ✿ Clearing the Subconscious

### Level II ~ Love, Creativity & Miracles

- ✿ Dyadic Integration
- ✿ Body Mapping
- ✿ Kinesiology
- ✿ Prosperity Program
- ✿ Harmonics/Overtone
- ✿ Training the Mind - Getting Present
- ✿ "The Work" with partners
- ✿ Principals of Entrainment

### Level III ~ Surrender to the Joy I AM

- ✿ Underwater & Mirror Breathing
- ✿ Psycho-spiritual Counseling
- ✿ Miracle Consciousness
- ✿ Advanced Breathing Exercises
- ✿ Invocations
- ✿ Meditation Breath
- ✿ Moving Forward / Self-Sessions

## Level IV: Professional Certification

After experiencing the life-changing benefits of Transformational Breath, many feel called to study and share it with others. Level IV is a fourteen-day course, where you will work closely with Dr. Judith Kravitz in preparation for professional practice. Successful completion of the exam and evaluation are followed by a period of internship and, eventually becoming a Certified Transformational Breath Facilitator™ (CTBF).

Areas of study include:

- ♣ Session Development
- ♣ Becoming a Professional
- ♣ Working with Children
- ♣ Special Client Cases
- ♣ Energy Initiation
- ♣ Building a Practice
- ♣ Professional Ethics
- ♣ Breathing Analysis Clinic
- ♣ Hands-on Body Mapping
- ♣ Transformational Coaching
- ♣ Anatomy & Physiology
- ♣ Envisioning your ideal life

## Level V: Teacher Training

This 7-day program provides the in-depth practice and understanding necessary to share TB with others in groups. This is the first step in the process of leading Transformational Breath training programs.

However, many attend this program for the personal benefits and/or to enhance their public speaking ability and confidence. For more info, request a Part V brochure.

**D**r. Judith Kravitz has devoted more than three decades to developing and sharing Transformational Breath with the world. In the early 80s, she completely cleared herself of throat cancer, and has since witnessed thousands of similar healings in others.



As a leading expert in breathwork, Dr. Kravitz has reached hundreds of thousands of people in 20+ countries, and has received accolades from Dr. Deepak Chopra, Dr. Christiane Northrup, Goldie Hawn, Norman Lear, and many others.

Dr. Kravitz's book, *Breath Deep, Laugh Loudly*, explores Transformational Breath and documents the tremendous diversity of lives that have been transformed by it.

This mother of eight is an ordained minister with a doctorate degree in metaphysical studies. She has taught at many prestigious venues, including The Chopra Center, Canyon Ranch, Omega Institute, Rowe Camp & Conference Center and Kripalu Center for Yoga & Health.

*Call now to Register:*

**Transformational Breath Foundation**  
**PO Box 248, Tilton, NH 03276**

**[www.breathwork.training](http://www.breathwork.training)**  
**603.286.8333**  
**1.866.515.4040**

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Transformational Breath®