



**“Discover how Breath is the Key to Personal Transformation.”**

*Transformational Breath Foundation presents*

*Transformational Breath*®

## **Breath and Spirit**™

A “BASp” Intro weekend with Dr. Judith Kravitz, TBF Founder & world-renowned Breathwork teacher.

**EXPERIENCE THE BENEFITS AND APPLICATION OF A FULL, DEEP, CONNECTED BREATH.**

**GET 4 FULL TRANSFORMATIONAL BREATH SESSIONS.**

**OPEN TO SPIRITUAL WHOLENESS WITH THE POWER OF THE BREATH!**

**BREATH MASTERY ... TAKE-HOME BREATH PROGRAM.**



Dr. Judith Kravitz, DM, is an ordained minister, and has taught and advanced the field of Breathwork for over 3 decades. She was inspired by a personal experience of self-healing a malignant tumor on her neck, based on principles and skills acquired through her work with the breath.

Judith travels worldwide sharing this amazing process. She has trained thousands of Facilitators and led over 100,000 people in groups and individual sessions. Her book, "Breathe Deep, Laugh Loudly", defines the potential of conscious breathing as we embrace major transitions in the paradigms for health and well-being.

Rowe, Massachusetts  
Rowe Camp & Conference Center  
March 24 - 26, 2017

Register Online at Rowe

COST: TUITION on a sliding scale.

see [www.rowecenter.org](http://www.rowecenter.org)

**"One Transformational Breath session is equivalent to about two years of psychotherapy."**

*-- Dr. Henry Smith Rohrberg*



*High Facilitator  
to Student Ratio*

**Contact: Rowe Office ☎ 413.339.4954 ☎ [info@rowecenter.org](mailto:info@rowecenter.org)**

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[www.breath2000.com](http://www.breath2000.com)