



Transformational Breathing™ E-News

from the Transformational Breath Foundation™ and Breath Dynamics™

"To the Degree that the Breath is Open and Flowing, We are in the Flow of Life." - Dr. Judith Kravitz



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*edited by Stephen Gooby
and Dr. Judith Kravitz*

Questions

Send your Breathing questions to:

judithkravitz@aol.com

If you're a Client, Breath Professional or simply interested in Transformational Breathing, we'll have Judith, Steve, Rox or another breathworker reply here to your query. Thanks!

Allergies

Q. Hi Judith,

I was wondering what you have found

Dear Friend,

2006: A YEAR OF MIRACLES AND MAGIC Message from the Founder



This past year Transformational Breath reached more people sponsored more trainings, produced more teachers and facilitators than ever before. The levels of commitment and enthusiasm are off the charts and the need for what we do on this planet is greater than ever before. This all spells out to me that TB is a model and a practice whose time has really come.

What I have recently found traveling throughout the world and sharing this work is that there is such a powerful feeling and atmosphere of love, that permeates all the classes, workshops and trainings. This love is the fuel and core of what will take TB to new levels now and in the times ahead. For this love we share is the essence of truth and reality for the paradigms of the New Age that lies ahead.

I am confident that our growth and success is guaranteed because of this foundation of love and compassion that is shared, regardless of the numbers or responses we may experience. There is such a sense of "real" spiritual family and heart when we gather to breath, facilitate and play and that in itself becomes the ends in to our true fulfillment. A lot of us are being called to move forward and act based on faith and our inner guidance, this takes courage and the ability to go deeper than outer appearances and trust the flow and the perfection of the Universe.

I honor and salute all of us who have chosen such a powerful and challenging journey, where our destinies remain promising but unknown. A true test of our out breath.

As this new year begins I want to encourage all of us to tune into the greater movement of TB, larger than our own individual paths, but to the global beat that we are all part of and be open to service and giving at that level as well.

The following is a revision of a popular traditional prayer called "The Great Invocation" It has been done by many thousands around the world for many years. My friend Wayne Tooker and I were guided to update it and state it as the present tense. I invite you to do this daily with me to assist in creating the world of peace and love we all inspire to.

In loving Service and Gratitude, Judith

about people with allergies and chemical sensitivity's with the Breathwork.

With Love,
Rose

A. Regarding allergies, food intolerance and chemical sensitivities, there is an overall factor of toxicity. When one becomes hyper-sensitized like this, we find the body is overloaded with toxins. We know conscious breathing is very detoxifying, and TB aids in cleansing the body tissues and tones and modulates the immune system appropriately. The result over time is a reduced sensitization. Aside from obvious physical toxicity, this detox effect works simultaneously to clear the mental and emotional components as with any other issue. This detox angle has been my experience.

Steve's own experience has been particularly convincing for him, having had a life-threatening allergy to almonds (twice with anaphylactic shock from just small amounts). Some years later, two accidental incidents of eating almonds resulted in no reaction.

Lots of Love, Judi

Drug Use

Q. Hi Judith,

*A question about a client. It's her 3rd session and her chest finally opened and she was connected, activated and it looked like a great session. It looked like a "perfect session". However, even though she did feel the physical effects (tingling and light headed) afterwards, she had **no feelings** one way or the other. She was tired and depressed when she arrived and was still tired and*

THE NOW GREAT INVOCATION

*FROM THE POINT OF LIGHT WITHIN THE MIND OF GOD
LIGHT STREAMS FORTH INTO THE MINDS OF ALL
LIGHT EMERGES ON EARTH*

*FROM THE POINT OF LOVE WITHIN THE HEART OF GOD
LOVE STREAMS FORTH INTO THE HEARTS OF ALL
DIVINE LOVE MANIFESTS ON EARTH*

*FROM THE CENTER WHERE THE WILL OF GOD IS KNOWN
PURPOSE GUIDES THE WILLS OF HUMANKIND
THE PURPOSE WHICH THE MASTERS KNOW AND SERVE*

*FROM THE CENTER WHICH WE CALL THE RACE OF HUMANKIND
THE PLAN OF LOVE AND LIGHT WORKS OUT
AND OPENS THE DOOR WHERE POWER DWELLS
LOVE, LIGHT AND POWER RESTORE THE PLAN ON EARTH*

AND SO IT IS!

Cabo Seminar

Winter Blues and Cold Got You Down?

Transformational Breath Personal Seminar

January 16-22nd 2006 in Cabo San Lucas, Mexico

Explore your Full Potential



This powerful Seminar is an unforgettable adventure and the first step in becoming a certified Transformational Breath Facilitator. Experience the benefits and application of acquiring a full open breath, which allows you to be more in the flow of Life and experience more energy and better health. Relieve stress, heal relationships and yourself, physically, mentally and emotionally. Make your own personal connection to Spirit and live fully and joyfully.

What is included

- Daily breathing sessions
- Toning and sound healing
- Breath and movement
- "The Work" by Byron Katie

depressed after breathing. No effect! So I questioned her about drug use and discovered she had smoked marijuana the night before. Do you have experience with people who are using drugs like this? Could this block the effect of the breathwork? Do you have any suggestions? Have you ever breathed someone who had "no response" like this.

*Many blessings,
Gay Purpura*

A. As far as your client "not feeling any thing" I have had clients like that and I do not necessarily associate it with drugs, but more a pattern of denial or lack of awareness. If she was breathing and activated then things happened. It is not even that important for folks to realize what happened. I would not be discouraged if after a session her emotional patterns did not shift ... sometimes it takes time and a number of sessions to get to the other side, especially if these are long term issues. The pot smoking is a way of suppressing her feelings and will continue to do that as long as she continues to smoke. In a way this is a form of avoidance or denial. I know if she came to a breath week she would have her break through, it always happens. If that is not an option then I suggest she continue with you and her 100 breaths several times a day...and explore her self medicating as a possible interference to what's really in there ... Hope that is helpful.

Love and Hugs Judi

Trouble Returning?

Q. I have a client who suffers from a deep childhood trauma of which she has no conscious recollection. Her tendency

- Breathing Analysis
- Soul Communication
- Affirmations and Invocations
- Fun Break states *Water Breathing
- Advanced Breaths to Access Higher States of Consciousness
- Students manual
- Snacks
- High staff / participant ratio and much more.

Tuition: for the course is **\$1500 USD. Judith is offering Facilitators to come join us in Cabo for Half Tuition!** Accommodations and food costs will vary according to options chosen

Location: This Seminar week will take place at the beautiful Marbella Suites situated on the private beaches on the Sea of Cortez outside of Cabo, Mexico. The hotel offers condo type rooms with living room and kitchenettes. Shared and private accommodations are available. The penthouse meeting room offers a panoramic view of the coastline and the wonders of migrating whales that pass by. A perfect environment to breath and transform.



A message from Judith on Cabo to Facilitators:

Dearest Breath Family,

One of the biggest highlights of the TB Seminar year is the Seminar held annually in Cabo Mexico on the beautiful corridor beach of the Gulf of Mexico. This year in Cabo the Foundation is offering to all Facilitators to renew their connection and start this powerful New Year with joy and empowerment the Seminar at one half price. This is an amazing opportunity to give yourself a gift beyond measure and a way to set the stage for the best year ever. Check in with your heart and see!

Lots of Love and Breath Hugs, Judi

Transformational Breath Foundation Personal Breath Seminar and an Introduction to the Living Foods Lifestyle

March 26-31st, 2006 at Kalani Oceanside Retreat on the Big Island of Hawaii

IMMERSE YOURSELF IN THE POWER OF YOUR OWN BREATH AS A DYNAMIC TRANSFORMATIONAL AND SELF-HEALING TOOL. THIS POWERFUL, LIFE CHANGING SEMINAR and RETREAT WILL INCLUDE:

*is to leave her body big time. I can hardly feel the connection at all. At the end of the last session, she opened her eyes and didn't seem to know who or where she was, outside her body, looking through her eyes, unable to fully come back in. It took 30 minutes to where she could speak and move. Is there a danger that my client would really be stuck for good, being like a vegetable? Could the trauma she buried so deep be too much for her psyche to deal with? Could the energy of the trauma swallow her sanity?
Big hug! Bhakti XXX*

A. Dear Bhakti,

Hi there, I understand how you feel. This is a good opportunity to work with her consciously on what is happening. Asking her about her life and desire to be here. I feel she is integrating all the past traumas and desire to leave and disassociate. I do not feel that she will not be able to come back, but know that she does take a while when she does come back and build that into the session and intentions for the session of being here fully and fully conscious. Having her husband there is also a good idea if she wants that. Working with affirmations that set up more willingness and joy to be here is good too. Even though it is not that common it is something that is definitely integrating. Hope that is helpful to you. Maybe she would want to do a Seminar and come to Cabo?

Love and Hugs, Judi

Facilitation without Training?

Q. Dear Judith, I recently did some breathing with a friend who cried a lot during the breathing and when she was

- DAILY BREATHING SESSIONS – Breathe more fully and openly, transform repressed emotions, and access higher levels of awareness and deeper meditative states.
- TONING & SOUND HEALING
- IMPORTANCE OF 'LIVE FOODS'
- BYRON KATIE'S "THE WORK"
- FOUNTAIN OF YOUTH POSTURES
- HOW TO PREPARE LIVING FOODS
- ABUNDANCE PROGRAM
- DYADIC SOUL COMMUNICATION
- AFFIRMATIONS & INVOCATIONS
- MAINTAINING A RAW FOOD LIFE STYLE
- BREATHING ANALYSIS
- WATER BREATHING
- FUN BREAK STATES
- ADVANCED BREATHS TO ACCESS HIGHER STATES OF CONSCIOUSNESS
- STUDY MANUAL INCLUDED

Nestled between a lush tropical forest and the warm Pacific Ocean, sits a retreat center on the Big Island of Hawaii that will be the location for a very special Transformational Breath Seminar.

In addition to the full breath seminar format, we are featuring an introduction to the living foods lifestyle. We will feast on fresh live foods throughout the week. We will learn what live foods are, why they enhance your health and life, how to transition more live food into your diet, what detoxification is and how to manage it as your body becomes healthier and lighter. You will even receive recipes and information on live food preparation and equipment. We believe that the combination of the breath and live food will create a deeper and richer experience throughout this magical week in paradise.

Your trainers for this seminar are Judith Kravitz, Jessica Leaf and Sheryl Haupt. Judith is the co-founder of the Foundation and is the ultimate authority on Transformational Breath. Jessica and Sheryl have both been facilitators for the Optimum Health Institute and bring their experience and knowledge of the live food lifestyle to you. Jessica is also a graduate of the Living Light Culinary Arts Institute. Together they will share with you their knowledge and experience to make this a rich, profound, and life-changing event.

Register Early to Avoid Disappointment

This very special Transformational Breath seminar is scheduled for March 26 through the 31st, 2006. Please sign up early as we have a limited number of accommodations.

What an amazing opportunity to transform your life through breath and living foods. Please contact Jessica Leaf at (760) 724-6006 to register or for more information explore <http://www.breathe2000.com>

done had a headache and felt dizzy.
Can you tell me what I might have done better? I took Levels 1-3 last year and am looking forward to taking Level IV at some point.
Thank you, Kelly.

A. Dear Kelly, Hi there. It is very important that folks DO NOT facilitate others after Levels 1-3, as the focus for that program is Personal Transformation. If someone wants to facilitate others then they take Level IV, Professional Facilitator Training, which is done in 10 days, two five day sections. It can be harmful and irresponsible to facilitate others in this powerful work without being trained in it. While it is simple and pure it is also very powerful and folks who are not trained properly are over their heads as to what could come up and how to deal with it. If you have any questions feel free to call 603 284 9291 and I will be happy to talk to you further.

Breathing in Love, Judith

Aloha!
-Sheryl Haupt

More on Tri-Vortex Technology

Tired of Vitamin guessing games? Spending too much on supplements?

Tri-Vibes is an amazing new approach to nutritional supplementation. Instead of popping handfuls of pills after guessing what your body might need, simply wear your **Tri-Vibamins™** and let your cells pick and choose from the wide variety of nutrients available to them all day long! Instead of depending on your digestive system to break down tablets, capsules and drinks into the basic light particles your cells can use, this new state-of-the-art nano-technology delivers these particles directly, as needed, via the body's own energy field. Only the highest quality, natural forms of the following nutrients are used:

Seaweeds from Maine Seaweed Company:

Digitata & Kelp (all-natural source of Iodine)

Ascophylum & Bladderwrack

Vitamins:

A, All Natural B-Complex, C, D, E (Natural)

Minerals:

Calcium, Magnesium, Hyaluronic Acid, Zinc, Copper, and wide variety of essential natural sea minerals with the sodium removed.

Nutrients:

Blackstrap Molasses

Co-Enzyme Q10

Curcumin (98 percent) with Black Pepper

Natural White Powder Gold

Oregano Oil (highest quality)

Garlic & Parsley

Flax Seed Oil with high quality Omega-3

Fulvic Acid

Beta Carotene

Chromium Picolinate

High quality Pinot Noir wine from France

Aloe Extract, Freeze Dried Larch Bark (as a probiotic)

Super Greens

Acetyl L-Cysteine/L-Taurine

Organic Dried Noni Juice

Super Soy Sprouts - Vegi State

Organic Maca (starch removed)

Bromelain

How Does It Work?

Traditional scientists discovered, in the late 1990s, that every cell is covered with a sheath of Phosphorous, the chemical element which absorbs, transforms and emits light particles. This process is called “phosphorescence”. Cells can only absorb the light particles emitting from the basic structures of nutrients. Orally ingested nutrients must be broken down, by the digestive system and liver, into very basic structures that emit light particles. The Phosphorous sheaths covering your cells function as light particle gatekeepers, or regulators. Each cell will only absorb the light particles of the chemical elements it needs to function properly. Any extra particles must be eliminated or removed from your body.

The treated nutrients are placed into a 3/4” diameter graphite tab, which has also been treated by the **Tri-Vortex Chamber**. The chemical element of Carbon, contained in the graphite, absorbs and transmits the light particles from the treated nutrients inside the tab. The sealed graphite tab can be worn on the body in numerous ways.

The most effective manner is wearing one tab on the left wrist and one on the right ankle. The tabs can be glued to cloth bands, snap bands (pictured below) or metal jewelry, or simply adhered with medical tape. The second most effective manner is to place one tab over the heart organ (left side of chest). The third most effective manner is to place one tab over the large blood vessel of the throat area. **Tri-Vibamins** do not have to be placed directly on the body, but must be placed no more than one inch from the skin to be effective. **Tri-Vibamins** are effective for a minimum of five years.

Vitamins, minerals and nutrients found in whole and raw foods easily break down into the basic structures that emit proper light particles for maximum absorption into your cells. Anything not absorbed by your cells is easily eliminated and removed from your body with proper water hydration.

The nutrients found in pill, powder, gel and liquid forms have been isolated from foods, and therefore make inferior basic structures. They emit improper light particles that are only minimally absorbed into your cells. For example, Vitamin C in an orange fruit is absorbed by your cells at a maximum level. Vitamin C in a pill, powder or liquid form absorbs into your cells at a minimal level, because your digestive system interprets the unnatural Vitamin C as a foreign and unknown substance. Any materials not absorbed into your cells are eliminated and removed with great difficulty, even with proper water hydration.

When **Tri-Vibamins** are placed adjacent to a glass of distilled water for 20 minutes to two hours, the taste of the water has a tangy texture as compared to the very smooth tasting distilled water treated by a normal **Tri-Vortex Product**. The tangy taste is caused by the light particles of the vitamins, minerals and nutrients being held by the distilled water. However, and most importantly, the tangy texture taste dissipates from the distilled water over a period of two hours because there are no Phosphorous molecules in the distilled water to absorb the light particles emitted.

Tri-Vibamins can be worn 24 /7, if desired, because any light particles not absorbed by cells will dissipate over a two hour period. However, the minimum application time required for

absorption into the cells is two hours when placed on the wrist and ankle, and four hours when only one tab is placed on the chest or throat area. The most convenient and logical time to wear the **Tri-Vibs** is during sleep. It is also useful before, during and after athletic activities. It can also be worn during normal routines in office or school.

Two Ways of Absorption

The light particles penetrate the skin and are held in the liquids of the body for two hours. The moving fluids in your body create a myriad of electromagnetic fields, which are shaped and influenced by the neuron activity of the nervous system. These magnetic fields guide and direct the light particles. Any cell in your body can absorb these light particles as needed.

When the tab is removed from your body, the light particles immediately dissipate from your electromagnetic fields. They also dissipate from the liquids in your body within two to six hours. **Tri-Vibs** are totally safe and do not cause any kind of stress on your body.

Please Note: The proper functions of your electromagnetic fields, the neuron activity of your nervous system and the Phosphorous sheaths of your cells are significantly and critically influenced by your mental, emotional and spiritual states. **Tri-Vibs** are most effective when your body is properly hydrated by distilled water treated by a **Tri-Vortex** product such as the specially **Tri-Vortex** treated plate, laser or silk. **Click Here** on how you can make the best tasting water in the world.

Tri-Vibs can be used by persons of any age, sex or physical condition. Changes are usually noticed within two-hours to 30-days. Persons who do not smoke cigarettes/cigars or drink caffeine or have not had an alcoholic drink for 24 hours, often notice a tangy taste on their tongue for a few hours after first use.

Disclaimer

Tri-Vortex Technology makes no medical claims whatsoever regarding the **Tri-Vibs**, which can only be used as experimental endeavors. No claims, recommendations, implications, or warranties are made by the manufacturers or distributors of **Tri-Vibs** and **Tri-Vortex Technology**.

TBF NEWS BRIEFS

Gratitude For Tithes Brings Breath To Many

Tithing is an ancient spiritual principle that is part of every major religion. It is the law of

abundance in action , where one tenth of someone's income is given or left with the source of their spiritual good. Thereby never severing the connection to Source.

This year a number of TB Facilitators have chosen to give their tithes to support the breathwork around the world. The Transformational Breath Foundation thanks you for your generous tithes. These funds are being used to support scholarships to Workshops and Trainings, as well as special projects in bringing Transformational Breathing to new areas of outreach. This year has focused on introducing the Breath to children and economically challenged communities. Right now we are holding subsidized Trainings with materials in Kenya, Mexico and Italy, as well as a series of Workshops to developmentally challenged children in Connecticut, a bi-lingual school in Play Del Carmen, Mexico & homeless children at a shelter in San Diego. In the past we have provided subsidized Trainings in Russia and Croatia. Please know that the financial gifts you give make a difference in the world and peoples lives.

Please feel free to check in with us from time to time to hear about how a project is proceeding and about any new projects that are developing. Your funds have a direct impact in providing the tools for someone to radically change their life both now and in the years to come.

WITH HEART FELT THANKS,
-Judith

FACILITATOR and TRAINER INFO

Newsletter Contributions

Exercise your creativity and expression. Certified Facilitators and Trainers are asked to send Newsletter contributions to Judith -- not just testimonials or questions -- but articles as well. Items such as TB case studies, general interest or inspirational pieces are considered and appreciated. For ease of use and to reduce our production workload, please submit material in Arial font, point-size 10. Neat formatting, grammar and proper spelling are appreciated.

In addition to writing for the Newsletter, those of you who like to turn a good phrase can compose articles for **Magazines** and **Newspapers**. I think everyone in the US and Canada at least must have one or more Holistic or Healing publications in your area. Another chance to create awareness about what we do and another way to further networking in the healing community.

Facilitators Share

From new facilitator Patrick Erkens...

Hi everybody!

I had my first session outside the class last Sunday! I was a bit nervous but not in a negative way. Once I started, it went really well! No rare things, he was a strong belly breather with less chest movement and his exhale wasn't relaxed (very familiar to me, ha-ha).

The session itself went very natural. I tried a couple of things to open the breath, some with success some not. And before I even knew it an hour had passed! And then the best part came. I was wondering a little bit, did it work? how would he feel? and then he started crying soft but intense ... afterwards he told me they were tears of joy :-)

In the interview afterwards he told me he was really amazed about what happened just by breathing and the effect that it had. In the interview before the breathing session, he told me about his twin brother that hadn't make it to birth and had died early on in the pregnancy. At the end of the session, when I held his feet, he said that he had the idea that his twin brother came into his body through my hands. When he told me this after the session he started to cry again and told me "he never had to be alone anymore!" Very nice ey!

Good ego boost for me, even though I know the breath/breather does all the work. But it does empower the feeling that I'm on my way and practicing the healing art that I like best "Transformational Breathing"!

Website Offer

If you are an active Trainer or Facilitator who truly wants a web presence but doesn't know how to go about it, contact Steve at info@breath-dynamics.com. I will post all details of your Breathing Workshops and Trainings on the Breath Dynamics website along with your picture, healing background and so on. Breath Dynamics exists as a Breathing Co-operative, so be part of it if you need a website -- **Use Breath Dynamics as Your Web Presence!** Check out www.breath-dynamics.com and see what I'm really offering. **Share this space with me and others.** Call me at 609.284.1400 or email info@breath-dynamics.com

-Steve

TB AROUND THE WORLD



TB and TV?

As TB continues to reach across the globe one of our facilitators is taking the publicity angle to the next level. Alan Dolan, a British facilitator, based in Spain has written a treatment for a TV show with a

working title of "Be Your Own Guru". The idea had been picked up by London-based Diverse TV and has been in development since last summer. As we go to print, it is being pitched to the major UK documentary channel!

“The show will highlight individuals around the world who are helping us to evolve in some way,” says Alan. “I noticed that UK TV was full of makeover shows with individuals being shown how to dress or how to decorate their houses or even how to change their looks with plastic surgery. We're taking those ideas to their logical conclusion but working from the inside out!”

Initially, it looks like there will be six forty minutes slots. Each week the audience will see a profile of the featured individual followed by whatever information/tips/techniques that person chooses to impart. Viewers can then choose to integrate these things into their daily lives should they so wish. The bottom line is that BYOG will be a vehicle for introducing new ideas but also it will provide the "how to" allowing people to take responsibility for their own evolution.

Alan continues, “We have a shortlist of individuals who we'll be highlighting and not surprisingly Judith and TB is a major feature as it's such an effective means of self empowerment. A key point in proceedings came when the one of the directors of Diverse had a breath session. It blew her away and at that point I knew it was going to happen!!”

Editor's Note: We'll be following this story as it develops.

TRAINING SCHEDULE -- U.S. & INTERNATIONAL

Register for Training

Training Registration, 3 ways to sign-up:

- 1- call the **Contact** listed with the desired Training above.
- 2- call **Rox** at the Foundation at: 603.284.9291
- 3- Register **Online** at: <http://www.breathe2000.com/>

Contact	Location	Dates (2006)	Level(s)
TBF 603 284 9291 Breathinfo@aol.com	Cabo, Mexico	January 16-21, 2006	Seminar (with Judith)
Jessica Leaf 760.724.6006 jessicaleaf@sbcglobal.net	Cabo, Mexico	January 24-28, 2006	IV (Part 1) with Judith

	Indalecia Indalecia@tiscali.it	Milan, Italy	February 19-23, 2006	IV (Part 2) with Judith
	Nicole (011) 32(0)2582 29 00 derveaux.nicole@busmail.net	Belgium	February 26 - March 3, 2006	Seminar (with Judith)
	Jessica Leaf 760.724.6006 jessicaleaf@sbcglobal.net	Oceanside, CA	March 13-17, 2006	IV (Part 2) with Judith
	Jessica Leaf 760.724.6006 jessicaleaf@sbcglobal.net	Hawaii	March 26-31, 2006	Seminar (Raw Food Week) with Judith
	Ange Leake 01629 824023 breathangel22@yahoo.co.uk	Bakewell, Derbyshire, England	April 1&2, 2006	RYB (Reclaim Your Breath)
	TBF 603 284 9291 Breathinfo@aol.com	Rowe, MA	April 7-9, 2006	RYB (Reclaim Your Breath) with Judith
	Nevsah Nevsahfidan@yahoo.com	Turkey	April 17-22, 2006	Seminar (with Judith)
	Ange Leake 01629 824023 breathangel22@yahoo.co.uk	Edinburgh, Scotland, UK	April 22,23, 2006	RYB (Reclaim Your Breath)
	Ange Leake 01629 824023 breathangel22@yahoo.co.uk	Bakewell, Derbyshire, England	May 6&7, 2006	II
	Jessica Leaf 760.724.6006 jessicaleaf@sbcglobal.net	Oceanside, CA	May 7-12, 2006	Seminar (with Judith)
TBF 603 284 9291 Breathinfo@aol.com	Shutesbury, MA	May 19-24, 2006	Seminar (with Judith)	

Ange Leake
01629 824023
breathangel22@yahoo.co.uk

Norwich, Norfolk, May 20&21, 2006 RYB (Reclaim Your
England Breath)

Ange Leake
01629 824023
breathangel22@yahoo.co.uk

Bakewell, June 10&11, 2006 III
Derbyshire,
England

Ange Leake
01629 824023
breathangel22@yahoo.co.uk

Edinburgh, June 17-20, 2006 II&III
Scotland, UK

TBF
603 284 9291
Breathinfo@aol.com

Ohio June 19-23, 2006 IV (Part 1)
with Judith

TBF
603 284 9291
Breathinfo@aol.com

Kenya, Africa July 10-17, 2006 IV (Parts 1&2)
with Judith



Peace and Joy,



Dr. Judith Kravitz

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Judith is the Founder of the TBF and continues to mold the crest of Conscious Breathing with her work around the world!



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Steve covers the Southeast United States offering Workshops and local Private sessions.

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