



# 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

Dear Friend,

Here in Georgia the flowers came out over a month ago; for those up North things are starting to heat up and bloom. Sure, we know you California & Southwest types may have nice weather all year round but for the rest of us this is an emergence from hibernation. Enjoy this vernal splendor. For many, Spring is the finest of Seasons. Spring is rebirth, a great time for cleansing, a fine time to get active and exercise --- and that includes reapplying ourselves to our Breath Practice (just in case it had gone dormant during the winter).

Enjoy the Issue. Enjoy the Season.

-Steve

*Last week my 3 year old grandson Colin, was diagnosed with an advanced and aggressive cancer. We have been with him and holding him in the highest love and Miracle Consciousness. I would like to ask you all to please do that too and to see peace in his environment. I feel there is nothing more powerful than our Love and Intentions, and thank you for yours.*

*--Love and Hugs, Judith*

## QUESTIONS

Send your Breathing questions to: [judithkravitz@aol.com](mailto:judithkravitz@aol.com)

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

### Asthma

**Q.** Hi Judi,

I had following the inquiry from an asthma patient, a friend of a lady I we introduced to 100 Breaths New Years Eve. Can you point me in the right direction with this?

Thanks,  
Karl

The letter states:

"I have taken a seminar specifically for asthma and breathing problems called the Buteyko Breathing Method. We learned that part

## "BREATHE DEEP, LAUGH LOUDLY" BOOK STUDY GROUP

by Judith Kravitz

Gay Purpura, of Cincinnati Ohio has developed and started the first known ever 8 week book study group based on the Transformational Breath book, "Breathe Deep, Laugh Loudly", Dr Judith Kravitz.

The inspiration for this program came to Gay in a Breathing session in her Level IV Training. Soon after she began getting lots of great ideas as to the content, structure and how to market it. Her vision became a reality and has recently completed the first cycle of this great new format.

She felt the study group would not only give people a chance to learn about TB, but to begin to understand it through experience as well. Each week they begin with Kundalini breathing, discuss the results of the 100 breaths each day, go over the highlights of a chapter or two in the book and then even have a few breathing analysis. Several members of the class have become private clients of Gays and some are looking forward to going further with the Foundation training programs.

The last two meetings include full breathing sessions. For those weeks Gay invited Senior Trainer Barbara Magella to come and lead the group sessions. Gay is already making improvements and changes for the next group. Here are a few comments on the class from participants. "I have so much more energy", "Why haven't we heard about this information before?", "This is a wonderful class."

Gay feels "this was one of the most rewarding things I have ever done." Outlines of the course study are available for interested facilitators. Thanks Gay for giving us such an

of the problem for asthma was being a mouth breather. So all of the exercises involved breathing only through the nose. I have had much success with this method, and wondered how mouth breathing has been successful for some of the people who have had help with your breathing method. The premise is to fill the body with more balance of oxygen to carbon dioxide by special breathing exercises. How do your exercises help lung and bronchial problems?"

A. Dear Karl,  
I agree with the approach of using the nose for folks with the symptoms of asthma. It does help change the reactive ineffective breathing of the asthmatic. We do use the nose breathing as an option for working with asthmatics. We also understand that the breathing problem with asthmatics is more about exhale and holding on to it with the muscles in the solar plexus. We work directly with that tension and have effective techniques to assist those muscles to relax thereby allowing the old air to empty from the lungs and thus creating more room for the new air (inhale) to enter.

We also work on the mental and emotional aspects of the asthmatic condition and find that very helpful too in assisting to resolve the condition on deeper levels. We also monitor the Oxygen/CO2 balance by insisting on a shorter, relaxed exhale, which keeps the CO2 levels from dropping.

Most folks with asthma who practice Transformational

innovative new way to share TB.

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## TBF NEWS BRIEFS

### **New Body Mapping Creates Profound Results**

By Judith Kravitz

Just when you feel you have the whole picture, Spirit comes in and gives you something so wonderful and new that it changes everything. That is what I have experienced this last two months with a whole new area of activation and integration by working with hands on in the neck and throat areas.

While facilitating Peggy Misra in Cabo the end of January I went to put my hand gently on her throat and she grabbed my hand and made me increase the pressure, much stronger than I would have ever thought to. As I held the pressure she began to open her upper chest in a way I had never seen. She coughed and choked, the whole time I continued to keep the pressure on. She screamed and toned and the opening of her breath continued. She had a major breakthrough. The next day her breathing was good yet there was still some holding on in the upper chest. As she breathed I noticed a lot of muscle tension in her neck and jaw, especially on the inhale. I put pressure on those points so that the muscles could not contract while she breathed and her response was even more intense. Huge guttural sounds and stronger emotions emerged and I continued to press harder into the jaw line. She completely activated and her breathing fully opened up. Some very primal screams came out as well. I knew this new procedure was going to be a great gift to TB and give us so much more ability to clear and integrate.

Since my original work with Peggy, I have used this on several hundred breathers, mostly Facilitators and the results continue to not only astonish me but the breathers as well. I have found that doing this technique needs to be approached with sensitivity and awareness. There are major arteries in the neck region that cannot be compressed. I would like to train Facilitators in the "Peggy Maneuver" so that it can be done safely and effectively. One thing that could be done to get a sense of the power of it is to practice on yourself. Find places of tension and movement in you neck, collar bone and throat, while you are breathing then apply as much pressure as you are able. Some areas, especially on the jaw line, are very tight and painful so you may need to do it in layers. So far the meanings are all connected with expression and expression of anger, as far back as birth.

I will be offering a day long workshops on the East and West Coast to teach and practice this amazing new procedure. I am so excited to share this with you all.

Following is a letter from Delia, a Facilitator and professional opera singer in Germany who after using the new technique experienced the stated results.

Dear Judith

I'm writing first of all to tell you about what is going on with my voice. It really is exciting, ever since Italy I often body map my throat and neck in self-sessions. This really has a big affect on my breath. Furthermore it has caused me to cough a lot and has really cleared my bronchi and lungs. This is something I need to keep doing and if I don't my chest isn't as open. At times this scared me a bit as my voice got so low and deep (the sort of singers fear to lose the voice). I tone sounds that I would never have been able to make but the result is that my voice has opened up much more and I gaining elasticity.

Breathing in a committed way find their condition greatly improved or gone.

Love and Hugs, Judi

### **Relaxing During the Session**

**Q.** Hi Judith,

One of the fellows who was in my group session last week didn't complete the session. He was very interested in doing it, and very open to it. I couldn't get him to relax his jaw. He was holding it stiffly. Couldn't really get him to relax and let go. He's a big man, and was in a comfortable layout on the floor.

Thank you! Andrea

**A.** Dear Andrea,

Hi there. It is not unusual for someone to have a very tight jaw. It is one of the primary spots for holding on to emotions, especially anger. If you tried using a mouthpiece and that was not successful, applied firm and steady pressure along the jaw line and throat has been recently used and proven to be very effective. I plan to do a day long facilitator course to teach this new and powerful way of relaxing the jaw and further opening the throat and breath with this technique. Toning and massaging the jaw bone on the cheek is also a good way to begin to relax the jaw. If you are not sure about pressure or places, try it on yourself first to get a sense of how firmly and the exact spots to help release the tension. Looking forward to sharing more with you.

Love and Hugs, Judi

### **Optimal Breathing**

**Q.** Dear Judith, I came across a practice called Optimal Breathing promoted by Michael Grant. There seem to

What really excites me is that when I practice I have begun to body map my throat, neck, jaw and skull and this just allows my voice to flow. It is amazing what effect touch has. Sometimes I body map light, other times with pressure, but it just enables so much more open and effortless expression and has a huge impact on the voice, breath and fluidity.

I am so thankful for this. Isn't it amazing that it just happened in the last seminar I was in. Since this singing grounds me and is becoming something like an anchor. I am so excited about it and everyday it gets better.... I can really tell it has to do with tension releasing in the throat. The BM while inhaling releases tension that has built up, the use of unnecessary muscles all around the throat, skull and jaw all the tension and it's all about expression! It makes me feel like I have a tube going all the way through my body from the tip of my head right down to my coccyx into the ground as if I were breathing through my crown chakra into the base chakra, and at the same time from my base chakra to the crown.....just a tube, it grounds me.

Thank you  
and love and hugs  
Delia

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## **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.

### **New! Levels IV & V Professional Handout CDs**

TBF continues to improve and expand our Training materials. All future Level IV & V Trainings have a new TBF CD that has all the TBF professional handouts in Word or JPEG. Facilitators can now easily create new Transformational Breathing documents on their computer! A few new documents are included, such as color logos, business cards and the Triune Breath Poster. If you have already completed Level IV, you can purchase the Level IV Professional Handout CD for \$20. If you have already completed Level V, you can purchase the Level V Professional Handout CD for \$20. Just call TBF at 603-284-921 and speak with Rebecca, or leave a voicemail on the #1 products voicemail. Any Facilitator who assists Judith at a Training or Workshop will receive complementary a CD if they have already completed Level IV or V.

### **Smooth Website Revisions**

Our webmaster and several supporting web professionals have been busy upgrading our

be quite a few marked differences in approach, including actually emphasizing the pause after the exhale, working to make the exhale longer than the inhale, and teaching various exercises for use in daily life as opposed to just in intensive breathing sessions. I know just how busy you are, but if you can possibly take a moment to clarify this apparent conflict I would be extremely grateful.  
Love and blessings,  
Emmanuel

A. Dear Emmanuel,  
I haven't come across Optimal Breathing, although of course I have encountered a number of other breathing techniques. There are many ways we can work with our breath and different breath patterns are effective for achieving different results. For me, working with the pauses in the breath can be effective in creating mental space and stillness, and is useful in meditation, yoga practices etc. The intention of the Transformational Breath is to create integration on all levels and it is the full, connected breath which facilitates this. To breathe in this manner, it is essential that the inhale rather than the exhale is emphasized, because this is what keeps oxygen levels high while maintaining carbon dioxide. If people emphasize the exhale in Transformational Breath sessions, they will deplete CO2 levels and create an alkaline state in the blood and the body; which in turn creates physical discomfort and sensations similar to what people experience during a panic attack. Without knowing more about the Optimal Breath practice, it isn't really possible

beautiful website. We are recreating a website that is easier to access, and then to move around between all the exciting TBF events and information on the site. Additional revisions will appear over the next couple of months. Please check any information that you have submitted as a Trainer or Facilitator & let us know about any needed corrections in phone, email or Training/Workshop details.

#### **Facilitator Pictures**

We have edited many of the Facilitator bios into shorter versions, and we still need to update Facilitator pictures: 1) We need pictures that are 167 pixels wide by 224 pixels in height, or 2.3194 x 3.11 inches (Joyce change these numbers to match your 250x310) in either a jpeg or gif format. If you already have a photo that is too large or odd in shape on the website, please revise and send it or a new photo to us at [breathinfo@aol.com](mailto:breathinfo@aol.com). (If you do not know how to revise a photo, you can take it to Kinko's on a CD or send it to yourself in an email and open your email while at Kinko's. Kinko's can then revise your photo for you at a very low cost). 2) Also be sure that your photo is no more than 20K in filesize. We have posted pictures in the past with very large file sizes -- up to 1meg -- that take far too long to display. Thanks for your cooperation.

#### **Facilitator Bios**

For any new submissions of Facilitator bios, please keep them around 50 words. This will keep the website clear and focused, just like we do with intentions for breathing. You can use your phone conversations or brochures to provide more background information about yourself.

#### **Training & Workshop Schedules**

For Training & Workshop Schedule submissions, please provide in the same format as on the website.

Examples:

\*\*Trainings

Level	Date	City, State	Name, Email, Phone
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\*\*Workshops

Date	City, State	Name, Email, Phone
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Please keep any submissions simple, as they are forwarded directly to our webmaster, after being approved by Judith. This will ensure that what is entered into the schedule will reflect what you want. Do not assume that our webmaster already has or knows any of your information. Send any other email communications separately. Dates for Workshops at the same location by the same Facilitator will be combined on a one line entry (March 7, 10, 13 & 21 or every 2nd & 4th Tuesday) in order to keep the schedule simple and easy to read. Workshops will also now be listed for only two months in advance on the Workshop Schedule. The rest of the Workshops will be posted on your bio page. You can add those Workshops to the Workshop Schedule page as they come within the two month period by sending us another email. Just write up a fresh entry per the example above.

#### **Facilitator Links**

We are expanding our TBF Internet community -- Send us your Facilitator website link and put our website link on yours! Send in your client stories and questions for future newsletters!

#### **Breathing Analysis DVD**

This month a new educational Breathing Analysis DVD will be available for Facilitators. It was produced and filmed in Italy and is available in both English and Italian. Filmed by Facilitator Maurizio Varinni and produced by trainer Indalecia Ziritt it is the result of many requests for such a powerful teaching tool. Last October a number of TB Facilitators in Italy

to make any judgment about this method and its effectiveness, I personally would want to know what is the intention of this practice and then look at how the practice supports creating this. Hope that is helpful,  
Breathing in love and light,  
Ange Leake

### Shaking During Sessions

Q. Dear Judith,

The body of one of my clients shakes throughout his session and I do not know what to do. Sometimes toning helps, but it seems to come right back. He is starting to think something bad is happening when his body shakes so much.  
Thanks and Love, Ida

A. Dear Ida,

Shaking during sessions is not uncommon. It is usually caused by a holding on during the exhale. So energy builds up and the body's way of dealing with the excessive energy is to shake. The best way to work with it is to coach the client to relax and then look for the muscles that are tightening up on the exhale. Ideally the whole body is relaxed on the exhale, so any tension anywhere on the exhale is a form of holding on. Putting pressure on those muscles and holding firmly on both the inhale and exhale will cause those muscles to relax and the energy to flow more freely. I suggest starting with the area of the solar plexus, belly and lower back then search for any other places of tension. Affirmations of trust and letting go are helpful too. If the shaking gets overwhelming then toning would be beneficial.

Love and Hugs, Judith

volunteered to have their breathing analyzed by Judith at a TB Facilitators Weekend in Italy. Proceeds from the video will go to supporting the TB Italy Association and TB Foundation.

### Website Offer Continues

Are you an active Trainer or Facilitator who truly wants a web presence but doesn't know how to go about it? Or pay for it? Steve will add all details of your Breathing Workshops and Trainings on the Breath Dynamics website common schedule. Then on your own dedicated page, post your picture, healing background, testimonials, photos, documents -- basically whatever you need to offer your clients. Breath Dynamics exists as a "Breathing Co-Operative". Use Breath Dynamics as Your Web Presence! Share this space with me and others. I invite you to check out [www.breath-dynamics.com](http://www.breath-dynamics.com) to see what I'm really offering.  
-Steve [info@breath-dynamics.com](mailto:info@breath-dynamics.com) 609.284.1400

### Children's Stories and Info Wanted

Many of you have been working with children in your practices, either in groups or individually. We are working on creating not only a children's breathing program for schools but also a book and manual too. We are so open to receiving any stories or insights you have gained as a result of your work with the young. We completed our 4<sup>th</sup> Breathing Workshop with children from a shelter in San Diego. More than ever I am inspired by what happens for these children in an hour of breathing. We have the potential to make such a difference in young people's lives. We welcome your help in this group effort in bringing TB to the young. Send any and all stories to [judithkravitz@aol.com](mailto:judithkravitz@aol.com). Much love and appreciation.

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## FACILITATORS SHARE

From **Andrea Sharp...**

Hi Judith!

First, I have to tell you: on New Year's Day, I bravely led a small group breath session. To my thrilled delight, they loved it and want to do it every week!!! Your training got me through the nervousness and tendency to resist. I LEARNED TO TRUST THE POWER OF THE BREATH. And so many other things.

Yesterday, I breathed both of my parents separately. My mother enjoyed it. My father, to my surprise, cooperated. And having cooperated, he LOVED it. I thank you so much, more than I can possibly say, for giving me such a gift to give to him. And it was an extraordinary, wonderful gift -- for him, so unexpected, so out of the ordinary. He wanted to know about you and the origins of your work. If you knew my dad, you'd know what a surprise this is. Hope to tell you more about that later. But also will tell you he has major problems with his feet: purple, dark red, swollen. It's been worse lately, which has been worrying me very much. When we started the session, his feet were dark purple. Afterward, one was just a little pink, and the other was its normal flesh color. Your work, what I've learned from you, very likely will extend my father's life -- a lot -- and I'm so grateful. He wouldn't share just what happened with him emotionally, but I think he might some day, after more sessions. I'm hoping my mom will open up and surrender to the process, and that they'll breathe each other (which would be perfect timing because they're moving out of the city they've lived in for about 60 years into independent senior living in Northern California where my brother lives).

Oh, have to also tell you also: My dad laughed quite a bit a couple times. One of my very close friends, on New Year's Day, also laughed. And so did my mom!!! Maybe I can be the proud laugh-making facilitator, as per my "final" demo in Italy. Which prepared me for everything that came up in my first three sessions. Always perfect, right? I just laugh with them as I get them back to breath. Yes, always perfect.

### Breathing the Elderly

**Q.** Dear Dr Kravitz, I have a client in her mid-eighties. She breathes pretty well, her belly is very tense though. She seems so fragile sometimes. Is there anything special I need to know, is it safe to work with someone so old?

Love, Kerry

**A.** Dear Kerry,

Hi there. There are some special things to watch for when working with older clients. One thing to be clear on is their intention to be being more alive as opposed to wanting to let go and leave. We are not agents of transition unless we do so with the proper conditions and arrangements.

The process of death is the suppression of the Spirit out of the body so many older folks have hard bellies and are actively in the process of pushing their Spirits out of their bodies. Once I was clear with their intention being "pro life" I would work overall in a gentler fashion. Spending as much time as needed to open the belly and begin to assist them in relaxing all the areas of chronic tension. This might take some time because of the many years of conditioned dysfunctional breathing. It would be good to get a health history so you are aware of any prior conditions going in. The most important factor is to support them in creating an open flowing breath so that the life force goes throughout the whole system, so that no areas get stressed or over-energized by breathing in just sections of the respiratory system.

If done effectively TB would greatly increase the quality of

Thank you so much Judith!

Lots of Love,  
Andrea

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From **Bhakti-lata Gauthier...**

Thank you Judith! Practically all my clients now buy your book. I am always strongly recommending it and I see that it keeps people's interest alive and boosts their determination to continue breathing. This year I have home schooled my 12 years old and therefore didn't have nearly as many clients. Next year, my daughter will be back in school. I have started a Dance & Movement class. My first one took place last Saturday with a pilot group of 5 young girls. We danced and processed with movement for 2 hours, then did a breath session; they took off like rockets! Each one had an incredible experience with profound and touching realizations. I feel more and more called to merge these two mediums with mantra meditation. It is very exciting! Looking forward to see you again! Love and hugs, Bhakti XXX

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### REGIONAL HAPPENINGS

**New Jersey:** Stephen Gooby will be doing a special half-day workshop in Plainsboro, New Jersey on **July 29**, at the **Center for Relaxation and Healing**. Workshop fee is \$50. Contact Michele Engoran to register. Email: [RelaxationandHealing@gmail.com](mailto:RelaxationandHealing@gmail.com) or Telephone: **609-750-7432**. Plainsboro is near Princeton. Get all your Jersey friends involved as Steve will be through the area but once this summer.

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### TB AROUND THE WORLD

**TB and TV?** ... to be continued



Alan Dolan, a British facilitator, based in Spain, is still pursuing his treatment for a TV show. Again it involves Transformational Breathing ... on television. Can you imagine? Alan can imagine.

Things happen in their own sweet time and while it's progressing Alan has nothing new to report. But as soon as it happens Alan will let us know every exciting detail.

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### New African Facilitators

Excitement and expectations are great with Trainers Marco and Jacquelin De Jager their group of twelve Kenyan natives who will be trained as facilitators in July by Dr Judith Kravitz, in Mombassa, Kenya. Joining them will be Marcel and his family to assist and experience the unique and wonderful gift for all.

This is a TB outreach program TB, Marco, Jacquelin, Marcel are all donating their time and resources to support this program. The average monthly income in Kenya is under \$100. So tuitions for the training are very minimal.

We are very appreciative of any and all donations to this worthy outreach and cause. Please send any contributions to TBF, P.O. Box 313, Center Sandwich, NH 03227. You will receive a color picture of Judith, Marco and the group. Your love and generosity is felt and makes a difference in the world.

health and vitality in a senior's life. Be patient and gentle!  
Breathing in Love, Judith

**Parkinson's**

**Q.** Dear Judi,  
I am going to work with someone who has the symptoms of Parkinson's Disease and was wondering is that OK and is there anything special I need to know about how to work with him.  
Sincerely, Joost

**A.** Dear Joost,  
Hi there. I have worked with a number of clients who have had the diagnosis of Parkinson's Disease. We have had good results with them doing TB sessions. It seems like the disease creates an imbalance in the nervous system that gets calmer and more balanced as a result of opening the flow of the breath and relaxing the exhale. Good pre-session coaching can help them get clear on how the condition has served them and what they would like to create for themselves beyond that. Sometimes folks associate so strongly with their symptoms they are unable to see who they are beyond that. Toning will also help relax the nervous system. I have on occasion turned a client with Parkinson's on their stomach to help their body unwind. I know that TB can support someone with Parkinson's not only physically, but emotionally and Spiritually.  
Breathing in Love, Judith

**Oxygen CO2 Ratio**

I have a client who claims that TB is dangerous because he feels by breathing fast we are lowering the CO2 levels and causing hyperventilation. Do we have any medical

**TRAINING SCHEDULE -- U.S. & INTERNATIONAL**

Register for Training

3 Ways to Sign-up:

- Call the Contact listed with the desired Training above.
- Call Rox at the Foundation at: 603.284.9291
- Register Online at: [www.breathe2000.com](http://www.breathe2000.com)

Contact	Location	Dates (2006)	Level(s)
Nevsah <a href="mailto:Nevsahfidan@yahoo.com">Nevsahfidan@yahoo.com</a>	Turkey	April 17 - 22, 2006	Seminar
Dave Merrill & Tracey Stover 206.463.1490 <a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a> <a href="mailto:solielle33@hotmail.com">solielle33@hotmail.com</a>	Seattle, WA	April 21 - 23, 2006	II
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Edinburgh, Scotland, UK	April 22,23, 2006	RYB (Reclaim Your Breath)
Dave Merrill & Tracey Stover 206.463.1490 <a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a> <a href="mailto:solielle33@hotmail.com">solielle33@hotmail.com</a>	Seattle, WA	April 28 - 30, 2006	Seminar – Part 1
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Bakewell, Derbyshire, England	May 6,7, 2006	II
Jessica Leaf 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	Oceanside, CA	May 7 - 12, 2006	Seminar (with Judith)
Julie Wolcott Marcia Bailey 734.426.4978 <a href="mailto:m Bailey@tn.net">m Bailey@tn.net</a>	Michigan	May 19 - 21, 2006	II
TBF 603 284 9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Shutesbury, MA	May 19 - 24, 2006	Seminar (with Judith)
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Norwich, Norfolk, England	May 20,21, 2006	RYB (Reclaim Your Breath)

information that would indicate that someone doing TB is not just hyperventilating?  
Blessings, Barbara

Dear Barbara,  
I would like to add to what Ange has said above in her discussion of Optimal Breathing and CO2 levels. Because we only allow relaxed exhales the CO2 levels are not depleted and the oxygen levels are increased but the blood does not become alkaloid. We are in fact Hyper-oxygenating which has a positive chemical response in the body and the brain releases positive chemicals such as endorphins and neuropeptides that create feelings of joy and ecstasy.  
-Judith

Dave Merrill & Tracey Stover 206.463.1490 <a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a> <a href="mailto:soliielle33@hotmail.com">soliielle33@hotmail.com</a>	Seattle, WA	June 2- 4, 2006	Seminar – Part 2
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Bakewell, Derbyshire, England	June 10,11, 2006	III
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Edinburgh, Scotland, UK	June 16 - 19, 2006	II&III
TBF 603 284 9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Shutesbury, MA	June 19 - 23, 2006	IV (Part 1) -- with Judith
Jolanda Willems 0031 (0) 6 121 37 866 <a href="mailto:jwillems.11@home.nl">jwillems.11@home.nl</a>	Holland	June 25 - 30, 2006	Seminar
Ange Leake 01629 824023 <a href="mailto:breathangel22@yahoo.co.uk">breathangel22@yahoo.co.uk</a>	Norwich, Norfolk, England	July 1 -4, 2006	II & III
TBF 603 284 9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Kenya, Africa	July 7 - 14, 2006	IV (Parts 1&2) -- with Judith
Jessica Leaf 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	Oceanside, CA	July 30 - Aug 4, 2006	Seminar (with Judith)
Julie Wolcott Marcia Bailey 734.426.4978 <a href="mailto:mbailey@tn.net">mbailey@tn.net</a>	Michigan	August 11 - 13, 2006	III
Jessica Leaf 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	Oceanside, CA	August 14 - 18, 2006	IV (Part 1) with Judith
Nicole Derveaux (011) 32 (0)2582 29 00 <a href="mailto:derveaux.nicole@busmail.net">derveaux.nicole@busmail.net</a>	Belgium	August 21 - 25, 2006	IV (Part 1) -- with Judith
TBF 603 284 9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Ohio	August 28 - September 1, 2006	IV (Part 2) -- with Judith

Dave Merrill & Tracey Stover 206.463.1490 <a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a> <a href="mailto:soliielle33@hotmail.com">soliielle33@hotmail.com</a>	Seattle, WA	September 8 - 13, 2006	Seminar (with Judith)
Jessica Leaf 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	Oceanside, CA	September 18 - 22, 2006	IV (Part 2) -- with Judith
Alan Dolan <a href="mailto:alandolan2003@yahoo.co.uk">alandolan2003@yahoo.co.uk</a>	Lanzarote, Canary Islands	October 16 - 21, 2006	Seminar
Jolanda Willems 0031 (0) 6 121 37 866 <a href="mailto:jwillems.11@home.nl">jwillems.11@home.nl</a>	Holland	October 30 - November 3, 2006	Seminar (with Judith)
Nicole Derveaux (011) 32 (0)2582 29 00 <a href="mailto:derveaux.nicole@busmail.net">derveaux.nicole@busmail.net</a>	Belgium	October 30 - November 3, 2006	IV (Part 2) -- with Judith



Peace and Joy,



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

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