

Rediscover what it feels like to be happy, joyous and free.

This **immersive Transformational Breath® retreat** can help you restore your joy and aliveness - and so much more. Through gentle yet powerful practices, we will clear and integrate what has been blocking your vitality, healing what drains your life energy, and opening space for joy, presence and renewal.

- Open your heart and release long-held tension and stress from the body.
- Experience deep and lasting peace.
- Breathe new life into your goals and watch them begin to materialize.
- Reconnect with your true self and intentionally reshape your life.

**CHANGE YOUR BREATH, CHANGE YOUR LIFE.
RESULTS THAT LAST A LIFETIME.**

Join us for a profound, life-changing experience. We are honored that **Dr. Judith Kravitz, the founder of this work**, will be engaging with us daily.

Daily Sessions Include:

Breath Sessions • Movement • Meditation • Abundance Process • Sound Exercises
& so much more!

We are offering three different options for your convenience:

#1

A mini retreat

Fri. July 17, 6-9:30p

Sat. July 18, 9a-5p

Sun. July 19, 9a-4p

One weekend only.

#2

A Deep Immersion or Train to become a Facilitator

Fri. July 17, 6-9:30p

Sat. July 18, 9a-5p

Sun. July 19, 9a-4p

*Two weekends. **Friday, July 24 session is optional.*

#3

****Fri. July 24, 6-9:30p**

Sat. July 25, 9a-5p

Sun. July 26, 9a-4p

To register or for more info, call Kathy Smith (609) 204-4420