

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

Have you forgotten the excitement of truly participating in your own life?

Imagine waking up each day with energy, clarity and purpose.

This **transformative retreat** can help you reclaim that feeling - 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.

## During this immersive retreat, you will:

- 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 reshape your life with clarity and intention.

**THE WAY YOU BREATHE IS THE WAY YOU LIVE.  
CHANGE YOUR BREATH, CHANGE YOUR LIFE.**

This retreat is a profound, life-changing experience. It may also serve as your first step in becoming a facilitator.

### Daily Sessions Include:

- 2 1/2 Breath Sessions
- Movement
- Meditation
- Abundance Process
- Sound Exercises
- ...and so much more

We are honored that **Dr. Judith Kravitz, the founder of this work**, will be engaging with us daily.

**April 19-23, 2026**

**Egg Harbor Township, NJ**

To register or to find out more, call Kathy Smith (609) 204-4420