



# Seminar Levels: 1,2,3 With Dr. Judith Kravitz Transformational Breath®

June 24 - 28, 2024  
\*\*Hybrid Program\*\*



*Transformational Breath®*

- 2-3 professionally facilitated Transformational Breath® sessions every day.
- High staff to participant ratio.
- Opening the respiratory system
- A deep understanding of breathing analysis including demonstrations.
- Integration of unconsciously held negative emotional charges or beliefs.
- Resolution of negative programming and family patterns.

- Dyadic Soul Communication.
- Forgiveness and inner-child breathwork exercises.
- Toning and sound healing.
- Breath and movement.
- Birth Healing Session
- Self-breathwork Sessions.
- Partnered breathwork sessions.
- Mirror breathwork Session.
- Advanced breathwork to access higher states of consciousness and more!!!

Dr. Judith Kravitz is the founder and creator of Transformational Breath®. She is known as one of the most experienced breathwork teachers in the world. She has been sharing breathwork around the world for over 4 decades. Transformational Breath® has been experienced by over a million people in 54 different countries and is one of the world's most advanced breathing schools.



**Registration or information:**  
**Kathy Smith:**  
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