



Transformational Breath®

Transformational Breath® Breathwork Training Seminar Levels: 1,2,3 November 4th-8th



Discover and harness the power of your breath during this transformative week. During this week you will empower yourself by learning and experiencing Transformational Breath® in great depth. Transformational Breath® is one of the most comprehensive breathwork systems continuously developing for the past 50 years. Transformational Breath uses acupressure, sound, movement, individualized coaching, invocations, and more to create a consistently powerful experience. During this program, you can interact daily and work with the creator and founder of Transformational Breath®, Dr. Judith Kravitz. This course is a prerequisite course for those wishing to become a breathwork facilitator.

Physically:

- Remove restrictive breathing patterns
- Increased Cellular Health
- Increased Energy
- Oxygenation for better physical health

Emotionally:

- Access and work within the subconscious.
- Lower Anxiety
- Emotional/Trauma release (integration)
- More Peace and Joy

Spiritually:

- Connect more deeply with self and spirit
- Raise your energetic frequency

- **2-3 professionally facilitated 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!!!**

Registration and Information:

Kathy Smith
609.204.4420

www.kathysmithnd.com