



Transformational Breath Foundation presents

Transformational Breath[®] Trainer Retreat

with **Dr. Judith Kravitz**, TBF Founder & world-renowned Breathwork teacher.

*Reconnect with fellow Breathworkers
Update with latest techniques, practice
Have Fun, Relax, and BREATHE!*

Activities include:

Deeper Breathing Analysis
Structure Updates ✨ Paired Practice Sessions
Sound & Voice ✨ TBF Vision ✨ Abundance

Special Activities:

Water Breathing ✨ Unconditional Love Clearance



Dr. Judith Kravitz, DM, is an ordained minister. She has taught and advanced the field of Breathwork for over 3 decades. Judith was inspired by a personal experience of self-healing cancer on her neck, based on principles

and skills acquired through her work with the breath. Her book, "Breathe Deep, Laugh Loudly", defines the potential of conscious breathing as we embrace major transitions in the paradigms for health and well-being.



VOLTERRA, ITALY

April 10 - 14, 2019

Mandala Tre Querce

Given in English.
Translation possible.

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750 Euros (w/ 300 deposit) before February 16, 2019 (825E thereafter)

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