



"Discover how Breathing is the Key to Personal Transformation"

Transformational Breath Foundation presents

Transformational Breath[®]

Seminar

Personal Seminar (Levels 1, 2, 3) with Dr. Judith Kravitz
World-renowned Breathwork teacher and healer.

- **ELIMINATE RESTRICTIVE BREATHING PATTERNS**
- **CLEAR THE SUBCONSCIOUS**
- **CONNECT MORE FULLY WITH ONE'S HIGHER SELF**

Istanbul, Turkey
November 9 - 14, 2019



The Art of Breath Analysis

"The genius here is in the blending of the conscious and unconscious minds to achieve our highest potential. Breathing is good medicine."

-- Christopher C. French, MD, MPH

THIS POWERFUL, LIFE CHANGING SEMINAR and RETREAT includes:

DAILY BREATHING SESSIONS * TONING & SOUND HEALING * BREATH AND MOVEMENT * BYRON KATIE'S "THE WORK" * FOUNTAIN OF YOUTH POSTURES * BREATHING ANALYSIS * ABUNDANCE PROGRAM * DYADIC SOUL COMMUNICATION * FORGIVENESS EXERCISE * FOCUSING, ENTRAINMENT, & UNVEILING EXERCISES * WATER BREATHING * FUN BREAK STATES * ADVANCED BREATHS TO ACCESS HIGHER STATES OF CONSCIOUSNESS *

MANUAL & JOURNAL INCLUDED

.. Plus Much More!



DR. JUDITH KRAVITZ DM, an ordained minister, has taught and advanced the field of Breathwork for over 4 decades. She was inspired by a personal experience of self-healing a 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.



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In English, with Turkish translation.

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