

*“Discover how Breathing is the Key to Personal Transformation”*

*Transformational Breath Foundation presents*

**TRANSFORMATIONAL BREATH®**

# Introductory Workshop

with Dr. Judith Kravitz, TBF Founder & World renowned Breathwork Teacher

**Experience the benefits and application of a full, deep, connected Breath.**

**Eliminate Restrictive Breathing Patterns .**

**Heal yourself – Physically, Mentally, Emotionally.**

**Live fully. Be Joyful.**

**August 30, 2017  
Sirius Community  
Shutesbury, MA  
7:00-9:30pm**

**BY DONATION**



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*

"Judith Kravitz is the most impressive teacher for breathwork I have ever encountered in both the East and the West. Her techniques have the power to lead one to have a direct experience of liberation on many levels. You may call it a short cut to enlightenment."

*-- Rinpoche Tulku Thubten, Tibetan Buddhist Lama*



**DR. JUDITH KRAVITZ DM**, an ordained minister, has taught and advanced the field of Breathwork for over 3 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", is the ultimate breather's manual as we embrace major transitions in the paradigms for health and well-being.



**Contact: TBF Office ☼ 603.286.8333 ☼ [reg@transformationalbreath.com](mailto:reg@transformationalbreath.com)**

**Bring 2 pillows, water bottle, blanket, and soft mat to lie on.**

**Call or email to reserve Workshop space.**

**[www.breath2000.com](http://www.breath2000.com)**