



Transformational Breath Foundation presents[®]
Transformational Breath
Evening Workshop

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

December 6, 2018
7:00pm - 9:30pm

Duncan Conference Center
15820 Military Trail
Delray Beach, FL

\$20 DONATION

**Clear the
Subconscious**

**Eliminate Restrictive
Breathing Patterns**

**Connect More Fully
with one's
Higher Self**

**EXPERIENCE THE BENEFITS AND APPLICATION OF A FULL, DEEP, CONNECTED BREATH.
RELIEVE STRESS ... HEAL RELATIONSHIPS.
HEAL YOURSELF – PHYSICALLY, MENTALLY, EMOTIONALLY.**

**Please bring water bottle, mat, blanket,
and 2 pillows to the event.**

"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 4 decades. She was inspired by a personal experience of self-healing a malignant tumor on her neck, based on principles and skills acquired through her work with the breath. Judith travels worldwide sharing this amazing process. 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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