



Transformational Breath Foundation presents

# Transformational Breath<sup>®</sup> Evening Workshop

with Dr. Judith Kravitz

TBF Founder & world-renowned Breathwork teacher

**February 19, 2019  
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,  
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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