

Healing Forest presents

Transformational Breath® Workshop

"Let Love and Breath into Your Life ... Be Transformed"

with Dr. Judith Kravitz

World-renowned Breathwork teacher and healer first ever visit to Hong Kong.

Discover how Breathing is the key to Personal Transformation.

ELIMINATE RESTRICTIVE BREATHING PATTERNS

Learn to breathe
more openly
and efficiently.
Be in the flow of Life!

CLEAR the SUBCONSCIOUS

Breathing transforms
negative thought patterns
& trauma, allowing for more
expression of
Love & Joy

CONNECT MORE FULLY with one's HIGHER SELF

Access higher levels
of awareness.
Express from the
Soul level.

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

Relieve Stress ... Heal relationships.

Heal yourself - Physically, Mentally, Emotionally.

Live fully. Be Joyful. Make your own personal connection with Spirit.



Dr. Judith Kravitz is an ordained minister with a Doctorate in Metaphysics. She has taught and advanced the field of Breathwork for over 4 decades. Judith 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. She has trained thousands of Facilitators and led over 100,000 people in groups and individual sessions. 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.

Room A, 13/F, Shun Pont Comm. Bldg.
5-11 Thomson Road, Wanchai,
Hong Kong
May 22, 2017
7:00pm - 10:00pm

Cost:
HK\$680

Including 1 copy of
Judith's book,
*Breathe Deep
Laugh Loudly*
Chinese version
which value is
HK\$100



Limited to 30 participants.



Kapo Lam
+852-9334 9941
kapolam0125@gmail.com

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