



**“Discover how Breath is the Key to Personal Transformation.”**

*TBF presents*

*Transformational Breath*®

## **Importance of Integrative Breathing™**

An “IIB” ONLINE Intro with Dr. Judith Kravitz, TBF founder & world-renowned Breathwork teacher.

**EXPERIENCE THE BENEFITS AND APPLICATION OF A FULL, DEEP, CONNECTED BREATH.**

**GET 4 FULL TRANSFORMATIONAL BREATH SESSIONS.**

**BREATHING ANALYSIS.**

**BREATH MASTERY ... TAKE-HOME BREATH PROGRAM.**



Dr. Judith Kravitz, DM, is an ordained minister, and 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. She has trained thousands of Facilitators and led over 100,000 people in groups and individual sessions. 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.

**ONLINE EVENT**  
**October 3 - 4, 2020**

**\$150 for the weekend.**  
**Contact Rowe Center for more info.**

**"One Transformational Breath session is equivalent to about two years of psychotherapy."**

*-- Dr. Henry Smith Rohrberg*



*High Facilitator  
to Student Ratio*

**Contact: Rowe Office ☎ +1 413.339.4954 ☎ [info@rowecenter.org](mailto:info@rowecenter.org)**

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[www.breathe2000.com](http://www.breathe2000.com)