



"Discover how Breathing is the Key to Personal Transformation"

Transformational Breath Foundation presents

Transformational Breath® Seminar

Personal Seminar (Levels 1, 2, 3)
w/ Dr. Judith Kravitz
World-renowned Breathwork teacher, TBF Founder.

- **ELIMINATE RESTRICTIVE BREATHING PATTERNS**
- **CLEAR THE SUBCONSCIOUS**
- **CONNECT MORE FULLY WITH ONE'S HIGHER SELF**

Phoenicia, NY USA
August 16 - 21, 2020
Menla Retreat Center



"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

THIS POWERFUL, LIFE CHANGING SEMINAR and RETREAT includes:

DAILY BREATHING SESSIONS * TONING & SOUND HEALING * BREATH AND MOVEMENT * BYRON KATIE'S "THE WORK" * FOUNTAIN OF YOUTH POSTURES * BREATHING ANALYSIS * ABUNDANCE PROGRAM * DYADIC SOUL COMMUNICATION * FORGIVENESS EXERCISE * FOCUSING, ENTRAINMENT, & UNVEILING EXERCISES * WATER BREATHING * FUN BREAK STATES * ADVANCED BREATHS TO ACCESS HIGHER STATES OF CONSCIOUSNESS *

MANUAL & JOURNAL INCLUDED

.. Plus Much More!



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 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: Claire Franck ☼ 845.532.4080 ☼ clairefranck@gmail.com

Call for details on cost. Major credit cards accepted.

10% Tuition Discount closes April 18. Our Seminar qualifies for 39 CE Hours with NCBTMB

www.breath2000.com