

# Transformational Breath® "Reclaim Your Superpowers"

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

An "RYS" weekend with **Dr. Judith Kravitz**  
World-renowned Breathwork teacher and healer.  
Discover how Breath is the key to Personal Transformation.

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

-- Dr. Henry Smith Rohrberg

"I have personally benefited from the gifts Judy brings to Breathwork, and I would highly recommend the benefits of her course for pregnant women and those caring for them."

-- Christiane Northrup, MD,  
Author of "Women's Bodies" &  
"Women's Wisdom"

"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

Experience the benefits and application of a full, deep, connected Breath.  
Get 5 full Transformational Breath sessions.  
Individual Breathing Analysis.  
Breath Mastery ... Take-home Breath Program.  
Breathing Anatomy ... Spiritual Alignment and Transformation.



Dr. Judith Kravitz is an ordained minister with a Doctorate in Metaphysics. She has taught and advanced the field of Breathwork for over 3 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.

Lenox, Massachusetts  
Kripalu Center for Yoga & Health  
June 3 - 5, 2011

Fri. 7:30pm - 9:00pm  
Sat. 9:00am - 9:00pm  
Sun. 9:00am - 11:30pm

Call for info on accommodations.  
Major credit cards accepted.



High Facilitator  
to  
Student Ratio



To Register:  
Visit [www.kripalu.org](http://www.kripalu.org)

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