

# Transformational Breath® Seminar

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

with **Dr. Judith Kravitz**

World-renowned Breathwork teacher and healer.

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.

**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 \* AFFIRMATIONS & INVOCATIONS \* 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 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.

**Switzerland  
April 16 - 21, 2011**

Call for info on  
accommodations.  
Major credit cards  
accepted.



Please bring  
a mat, blankets, and pillows  
to the event.



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