

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.

**Los Cabos, Mexico
February 6 - 11, 2011**

*Training held at a wonderful
venue on the beach*

Call for info on
tuition and
accommodations.
Major credit cards
accepted.



Please bring a mat, blankets, and pillows

Alternate Contact: Jessica Leaf,
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