

TRANSFORMATIONAL BREATH®

How does it work?

I use proven gentle movement, touch and sound techniques, as well as simple affirmations, to help you to achieve and maintain the wave-like “full circular-breath” pattern.

This activates a high frequency of electromagnetic vibration throughout the body and mind. According to the scientific principle of entrainment, stubborn, low frequency energy patterns are raised and transformed in the presence of the higher frequency energy state. Low energy “Blockages” are thereby eliminated.

How does this compare to exercise and other conscious breathing practices?

My trainer Dr. Judith Kravitz has extensive training and experience in teaching yoga integrative breathwork and Kundalini practices.

Transformational Breath® incorporates the best of each – and much more – to insure the fastest, most reliable way to cause a complete and lasting shift in physical, emotional and spiritual awareness and ability.

Life will become much easier to master once the breath is transformed in this way.

There are so many holistic approaches to wellness and to healing today. Is Transformational Breath® really the best one for me?

Only you can answer this question. If you truly want significant, immediate, positive change in your life, *JUST TRY IT!*

Unlike most self-help methods, even your very first session will bring immediate results.

There is very little to lose and much more to gain. *YOU* decide!

As we breath ... shall we live

What happens if I stop breathing?

I stop living.

What happens if I breathe more fully?

I live more fully.

Answers to our most crucial questions are often quite simple, yet not always easy to understand.

Fortunately, healthier, more fulfilling life can be as easily realized as your next breath.

Restricted breathing patterns prevent vital oxygen from fueling your body. They also support subconscious defense mechanisms in ‘stuffing down’ unpleasant emotions. Unexpressed feelings are stored in the mind and body as chronic tension, and eventually they are expressed as pain and disease.

Reclaim your Life – Master the Breath

Transformational Breath® is a simple, profound process that uses a full circular breathing pattern to activate the most natural healing response. Constricted breathing patterns are opened up, the body is super-oxygenated and “emotional baggage” is cleared, making room for a direct, joyful connection with the source of all that is.



Respons(e) – ability is a joy!

The ability to respond instead of reacting to challenges is the key to creating your life.

In addition to the joy and satisfaction of living fully, clients report:

- More physical and mental energy
- Being less judgmental of circumstances
- Feeling happy despite problems
- Mental clarity and focus
- Vivid connectedness with spirit & source
- More joy in giving and receiving
- Relief from emotional and physical pain
- Freedom from addictions and compulsions
- Easy access to answers for tough questions
- Healthier, more vibrant living

My life reflects my choices

Breathing is the one involuntary metabolic function that becomes voluntary, the moment we choose to take the reigns.

This begins to explain why Transformational Breath® ultimately leads to the experience of co-creating our lives consciously, instead of being the result of random thoughts and events. We can choose to be at the mercy of life or we can choose to master it.

Relax....choices and decisions are easy once you know how to access answers and energy through the “breath connection” If this sounds too good to be true ... breathe.

Simple proof is yours in just one session.

My one-hour breath sessions will also prepare you for self-breathing sessions in the future.

When breath flows in a perfect wave, life itself flows in a natural rhythm of grace and wisdom.

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