

*“Heal the Physical -- Clear the Emotional –
Access the Spiritual Self –
Develop Breath Awareness; Understand the Power of
Breathing and discover why Breath is the Key to True
Healing!”*

Ask Breath Dynamics to provide
Workshops or Introductory Talks
at your Sports Club, Spa,
Workplace, Church, Yoga Studio,
Community Center

770.785.7051
www.breath-dynamics.com
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The Transformational Breath Foundation
Founded by Dr. Judith Kravitz.
Read about it on the web at: www.transformationalbreath.com



Stephen Gooby, Owner
Certified Transformational Breath Facilitator™

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Transformational Breath®
Breathwork

*“The Most Advanced, Powerful Breathwork Available on
the Planet Today.”*

About Breath Dynamics

Breath Dynamics is owned and operated by **Stephen Gooby**. I am a **Certified Transformational Breath Facilitator™**. My Training, under the direction of Dr. Judith Kravitz, has taken me to New England and Europe. The 5 Levels of Training total more than 200 hours classroom work -- plus many additional requirements outside of class. My Interdisciplinary-style Hatha Yoga Teacher Certifications was earned at Nosara Institute. Further training as a Certified Massage Therapist was completed in 1999 at Health Choices Holistic Massage School, where I later taught in the area of Neuro-Muscular Therapy.

Our Mission



To expand Transformational Breath® breathwork throughout the entire Country and the World, helping to facilitate self-healing in all those interested in Conscious Breathing. We endeavor to share the Experience that the Breath is the True Key to Healing, living a fuller, happier life and the Fast-Track to Higher Consciousness!

About Transformational Breath® Breathwork

Transformational Breath® breathwork is a powerful self-healing modality which utilizes high vibrational energy generated by special breath techniques. This energy is directly responsible for the cascade of healing effects experienced. NO claims as to specific disease conditions need be made though. In all sessions, the client IS the healer. A Certified Transformational Breath Facilitator™ is there to guide the session and achieve whatever goals the client wishes to work toward. TB works on 3 inter-related levels of Self. All of these may be addressed with just one simple tool – Your Breath!!

The Physical Level -- We work to open up the breath, the physical restrictions, and increase our lung capacity and oxygen volume moving into the body. This yields many health benefits from a physical perspective ranging from increased energy, detoxification, reduced tension and relief of many conditions. The healing effect is non-specific.

The Mental / Emotional Level -- The high vibrational energy from the breath technique clears low-density, sub-conscious, negative energy

patterns (trauma, deep repression, thought-forms, present day patterns, past life issues, physical conditions etc.), and transforms them through an "Entrainment" effect to a higher and lighter vibration. This, in effect, clears the pattern - and it does so PERMANENTLY!

The Spiritual Level -- When we make room by clearing negative energy patterns, this allows space to connect with Spirit, to align oneself with one's True Nature or Divinity. People may report mystical experiences or simply a greater awareness of the Higher Self. They often feel a greater sense of Love and Joy in their Being after the session.

Breath Offerings

Introductory Breath Workshops These workshops introduce Transformational Breath concepts, how they can benefit your life and also offer the experience of exercises and a 60 minute breathing session.

Group Breathing is a 90+ minute session with 60 minutes of facilitated breathing. These are stripped of the theory and practical exercises found in the Workshop. They lend a beautiful community feeling to the event and are open to those who have attended our Introduction.

1 Hour Introductory Talks on Transformational Breathing. These provide basic information about the modality and a Mini-Session so that participants can get a taste of the power of Transformational Breath.

Private Sessions are also available when one prefers more concentrated attention during the 60 minutes of breathing.

Personal Training Weekends and **Special Events** can be arranged.

Basic Fee Schedule

Introductory Workshop (4-8 hours)	\$60 /person **
1 Hour Introductory Talk	Generally free **
Private Breath Session	\$80 ***
Group Breath Session	\$40 / person **
** varies on location, size of group, event duration & other factors	
*** sliding scale based on travel and income considerations etc.	