



TRANSFORMATIONAL BREATHING™ E-NEWS



from *The Transformational Breath Foundation™* and *Breath Dynamics™*

"To the Degree that the Breath is Open and Flowing, We are in the Flow of Life". - Judith Kravitz

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Edited by Stephen Gooby and
Dr. Judith Kravitz.

Trainings - US

January 22,23, 2005 -- Level II
Seattle WA
Dave -- 206.463.1490
BreathNorthwest@hotmail.com

February 5, 6, 2005 -- Level I
Seattle WA
Dave -- 206.463.1490
BreathNorthwest@hotmail.com

February 27 - March 4, 2005 --
Weeklong Seminar
Palm Springs, CA
Jessica -- 760.724.6006
jessicaleaf@sbcglobal.net

Dear Friend,

Please enjoy this Transformational Breath E-Newsletter. Though it says Issue 12, this is actually the first collaboration between Breath Dynamics and the TBF. Judith Kravitz had the idea to broaden my Breath Dynamics newsletter and combine it with content directly from the Foundation. Hence, this is now the Official electronic voice of the Transformational Breath Foundation and Dr. Judith Kravitz. The publication is geared toward everyone: Breathing Clients, Facilitators, Trainers, the general public.

Please pass this around; use it as a source of information and a forum of expression, for TB is spreading rapidly throughout the world and this medium could be a vehicle to facilitate further expansion. We intend to broaden it with more content from the US as well as abroad. There is no area of the world which could not benefit from this amazing healing modality. We will keep you all informed of the latest happenings from the world of Transformational Breathing.

Write us back and tell us how you like it or how we may improve this letter.

A Happy and Peaceful New Year to All!

Stephen Gooby

info@breath-dyanmics.com

Facilitator Spotlight

by Stephen Gooby

This issue we profile **Mr. Alan Dolan.**



Alan was born and raised in the UK. A business major in college, he served in the Peace Corps in The Sudan and was later a High School English Teacher. His business career saw him working in Thailand, Taiwan, Bahrain, and Saudi Arabia before settling in Spain. His last corporate position was as a public relations manager for BAE Systems (British aerospace) in Riyadh. Leaving in 2003, he studied yoga. Alan is also a Reiki practitioner and Transpersonal Hypnotherapist (Institute of Therapeutic Learning - Seattle)

March 4-6, 2005 -- Level I ("Reclaim Your Breath")
"Rowe Conference Center", MA
Judith -- 603.284.9291
<mailto:breatheinfo@aol.com>

March 11-13, 2005 -- Level I (RYB)
"All that Matter", Wakefield, RI
Judith -- 603.284.9291
<mailto:breatheinfo@aol.com>

March 18-20, 2005 -- Level I (RYB)
"Wainwright Conference Center" - Rye, NY
Judith -- 603.284.9291
<mailto:breatheinfo@aol.com>

Trainings - International

January 14-19, 2005 -- Weeklong Seminar
Cabo San Lucas, Mexico
Judith -- 603.284.9291
[breathinfo@aol.com](mailto:breatheinfo@aol.com)

January 21-25, 2005 -- Levels II & II
Derbyshire, UK
Ange -- tel: 01629 824023
ange@breathangel.fsnet.co.uk

January 22-26, 2005 -- Level IV (Part 1)
Cabo San Lucas, Mexico
Jessica -- 760.724.6006
jessicaleaf@sbcglobal.net

February 6-12, 2005 -- Level IV (Part 1)
Belgium
Nicole -- tel: 011.322.582.2900
derveaux.nicole@busmail.net
with Judith Kravitz

TBF: Alan, can you tell us how you got started in Transformational Breathing (TB) and what actually made you continue this into a career?

AD: I was introduced to Transformational Breathing whilst completing yoga teacher training at the Nosara Institute in Costa Rica. I'd recently left a commercial career the last ten years of which was spent in Saudi Arabia and was seeking to re-orient my life and career in such a way that I could work with individuals and groups in the area of self development. Yoga was my initial tool for achieving this and my ultimate aim was to identify or develop a method of raising consciousness which could be made accessible to all and would be in a form that would complement their everyday lives (i.e. would not require their removing themselves from the 'real world' in order to benefit). On discovering TB I realised in the first session that it was the most powerful modality I'd ever come into contact with and was exactly what I'd hoped to find; a method of connecting with Spirit which was highly effective and readily available to all. On leaving the session that day I know I'd found what I was looking for and rather than taking years or decades it was less than six weeks after leaving Saudi...I was elated!

TBF: Not all of us get to make a career out of a passion. What does it mean to be able to do such great work?

AD: One of my goals on leaving my previous 'life' in marketing and public relations was to have no boundaries between work and leisure/play time. I wanted to feel like my work was simply 'what I did' rather than something I was coerced into doing in order to make a living. I am very aware of the fact that I've achieved that goal totally. My days now are spent working with groups and individuals. It doesn't feel like 'going to work', it feels like hanging out with and getting to know people and introducing them to something that I know will benefit them in innumerable ways; it feels like a very long time since I was a public relations manager for BAE Systems. In fact it's about 24 months.

TBF: What part did Breathwork play in manifesting all of this in your life?

AD: TB was fundamental in bringing about my current work-life situation. I had planned to establish a business in southern Spain teaching yoga. Once I was introduced to TB I knew that it would work terrifically well with yoga and quite often now I teach people yoga initially and introduce TB to them as an extension of their yoga practice. It's hard to imagine what my life would look like without TB as it is now so fundamental to everything that I do.

TBF: Tell us about Lanzarote and where on the island you are working with the Breath.

AD: Lanzarote is one of the seven Canary Islands which are located about sixty miles off the coast of Southern Morocco. They are owned and administered by Spain; the language is Spanish but there is a definite African feel to the place also. The island is volcanic, and only forty miles by twenty, but in that area there are about 350 extinct volcanoes. The landscape is very lunar-like in the southern part of the island and gradually transforms as you travel further north with the extreme north being very green and covered with palm trees and cacti. It's like nowhere else

To Register for Training:

For Training registration, please call the contact above or call Rox Lindbert at 603.284.9291 or register online at <http://www.breathe2000.com/>.

Questions:

Send your Breathing questions to: info@breath-dynamics.com
We'll have Judith, Steve, Rox or another breath professional answer and print the reply.

Testimonials:

Your words are more meaningful than anything we can write. If you have a Testimonial about your experience with Transformational Breathing, send them in. We'll print your comments here.

From a recent Seminar, a participant chose to put his feelings down in poetry as follows:

"Letting Go"

*"Images of the past floating in and out,
emotions flowing through my soul,
anger-fear-acceptance-love-sorrow
locked away yearning to come out
forcing them in holding on tight fear of
the unknown. Wanting to love but not
knowing how. Who am I? Who have I
become? Not the joyful creating of God
but a dark disconnected lost soul
begging to be reborn.*

"Breathe, breath was the key, unlocking

on the planet but I think the closest comparison may be if you imagine how the Hawaiian Islands might look if they received only one or two months of rain a year. I've traveled a lot over the last twenty years or so and I've never seen anything quite like Lanzarote, awesome landscapes, terrific beaches, year round sunshine, interesting culture and great food. It's only three hours flying time from the UK and hence, a big winter sun destination for European vacationers. For me, quite simply its home :0)

TBF: Would you describe the Transformational Breathing program you have set up there?

AD: I work at a holistic retreat centre on Lanzarote called Villa Isis.....its been in operation for five years and clients come in for a period of one or two weeks to get away from it all and have some quiet time. the groups are small with a maximum of twelve at any one time so there's lots of space and individual attention. We begin the day with yoga after which we eat breakfast together and then the guests can choose to spend the day by the pool or in a hammock or trying one of the therapies we have on offer. Therapies range from shiatsu and other kinds of Massage to Reiki and Reflexology and of course TB. Right now TB and Shiatsu are the most popular therapies. I generally breathe clients once or twice a week sometimes more if we feel its appropriate. A lot of the clients have continued to have breath sessions when they return to the UK and in last October we organised a 'Reclaim Your Breath' weekend in London which was very well attended by ex-Villa Isis guests.

TBF: Do you have any favorite stories about your experiences working there? Miracles?

AD: I get to see amazing things happen on a fairly regular basis but I remember one client, who we'll call Claire, who came for a session in a very skeptical frame of mind. She had been abused in her early years and had received years of psychotherapy and counseling with little or no results so she chose to immerse herself in her work as a lawyer and used alcohol frequently in order to "numb the pain". Prior to the session she described herself as being so "toxic" that she was "beyond repair." She was in victim mode and expected to stay there. I've never seen anybody that low before and quite honestly I had no idea what TB would do for her although I knew it would improve the situation. Four sessions later I was looking at a completely different person. The sessions had been fairly dramatic, a whole lot of clearing had taken place and TB had worked its 'magic'. The results were staring me in the face with a smile that told the whole story. I've received emails from Claire since and she is still amazed and delighted and can't quite believe how she has changed since the sessions. I am frequently amazed at just how powerful TB can be and I love the fact that just when I think I've seen it all, something happens to show me that the Breath has no boundaries and its capacities are infinite.

TBF: What is your long-term vision, both at Lanzarote and the world as a whole concerning Transformational Breathing?

AD: This year I plan to set up my own practice on Lanzarote, in fact I've already started breathing private clients on the island and I really want to build on that. I'll continue to work at Villa Isis but also work with local clients. I'm learning Spanish at the moment in order to be able

the safe of emotions that I have kept hidden away clearing my soul connecting to spirit touching God. Freeing, so freeing like soaring with eagles I have taken a new flight, a new path. Frightened, but excited I look forward to each new day, knowing I am a new man with a new connection no longer searching but being here in this moment loving life for what it is. Walking the path of light, learning to love, to share this feeling with others. I am grateful that I have taken this step and you all have been my guides to the light.

*"Love-joy-peace
Not just mere words anymore but emotions that I can feel for the first time.*

*"Thank you all."
-Steve Potter*

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TB Around the World

to do breath sessions in Spanish. In addition, I'd like to raise the profile of TB, initially in the UK and Europe, and with that in mind I've been making contacts in the UK media. I've got a TB article called "21st Century Pranayama" being published in the February edition of (UK) Yoga magazine and I intend to build on that thru 2005 and beyond.

TBF: Do you have final thoughts you would like to offer?

AD: The more I see of TB, the more sure I am that it is the perfect tool for evolving our consciousness both individually and as a whole. There are no accidents, TB is with us for a reason and it really is applicable and useful for absolutely everyone. Most individuals don't have the inclination or resource to remove themselves from the world and focus on their personal evolution or spiritual path. With TB they can integrate it into their everyday lives and achieve significant results without having to take extreme measures in order to gain benefits. I'm excited to see what we can achieve we TB.....its at an important period in its development.

Editor's Note: I first met Alan in Costa Rica and had never seen anyone to that point so entranced by this Breathwork. I knew immediately he had found what he was looking for. I am happy to call him friend. Keep up the great, inspiring work, Alan! - SG

Breathing in the Schools:

A message from Judith to Breath Professionals

Dearest Breath Family,

We have begun Transformational Breathing in Mexico at my friend's school in Playa del Carmen. We are calling the program "Breath Fitness". I was there last month with several other facilitators and began working with students and staff at the school Colegio Ingles and needless to say it was just amazing. We were there for six days and worked with Junior and High School students, special needs elementary and did one 100 Breaths for the whole elementary school (150 that they sent to us by mistake). We offered several sessions and a day long for teachers and staff. The results were ultimately outstanding and it was quite a journey to get there.



This fall Judith, with Trainers and Facilitators from places all over the globe, shared TB ... Here are some of the highlights.....

LONDON -- October 9-10-- Trainer Ange Leake hosted a Reclaim Your Breath weekend for Judith to lead. Alan Dolan, currently from Lanzarote, assisted in bringing a lively group of 30 breathers to transform in downtown London. Lots of UK Facilitators showed up to help, among them were Marie and Steve Pullar, Pam Ansel, Natalie Montielle, Chris Womak, Ann Shelton, Andria Falk, and Elaine Butler.

ITALY -- The following weekend Judith journeyed to Gubbio, Italy and did a Level I, Reclaim Your Breath event at a Lo Cando Del Gallo, a favorite TB training center in the foothills near Assisi. The event with 14 Participants and 12 Facilitators was the first TB training in Italy in two years. Organized by **Indalecia Ziritt**, the weekend inspired Italian Facilitators and Participants to plan a Seminar there in the Spring.....April 10-15 with Judith leading, Indalecia organizing, Wayne Tooker will return as translator.

BELGIUM was the next destination from Italy. Two evening workshops and a day long intensive were organized by Tom Cox, Nicole Derveaux, and Ghilaine Prenten. Judith and her three organizers traveled throughout Belgium to share TB. All events were well attended and a number of participants plan to attend the upcoming Seminar in Belgium with Judith February 6-12

Lucy Caso, one of the new trainers, will be going down in January to continue the momentum and growth we started. Then we will come back in mass in February to continue the work with Junior and High School student, Special needs children (ADT, behavioral) and then begin working with the entire elementary population and the preschool children as well. My friend is requiring all the parents to come for two evening presentations, and close the school one day for all the teachers to breathe. We will also do a day long program for the parents.



This is such an incredible opportunity to not only gather lots of good information and research as to the specific improvements that TB can bring to the young, but also learn volumes about how to work with groups of children at each age level. And ultimately how to introduce it into all school systems. We have already learned so much.

If you are interested in coming to help then please let us know. At this point we are able to co-sponsor 12 facilitators. You would need to pay for your transportation.

We will provide housing and contribute towards other expenses. We would ask if you contribute \$20 per day towards food, housekeeping and transportation in Mexico (total cost \$200).

The schedule is as follows:

Arrive on February 19, Staff meeting and breathing on **February 20**, Work at school, and parents presentations, teachers day **February 21- 28**. (Fun Day February 27). **March 1** would be departure or completion day. If you are not able to attend the whole time there may still be space for you so let us know the dates you can commit to. You would fly into Cancun, Mexico and take a shuttle to Playa del Carmen (shuttle cost approx. \$20) We will drive you back to the airport on the 1st.



Please let us know if you are coming by **Jan 15** by email or phone **603.284.9291**.

I am filled with awe at the scope of good and benefits this project can add for all the young on the planet. I thank you for your interest and support in doing this important work.

TAIWAN (SP) is where Trainers Dr. Anthony Sainz and Dr. Chih Ching Woo have taken their family on a year's sabbatical. Part of what they are doing there is leading TB trainings. Anthony is also teaching his Spirituality program at a local university. They are planning to return this Fall and will continue their teaching and healing practices in NYC.

HOLLAND -- The first week of November, hosted a Level IV Facilitator Training that completed mid-December. Judith assisted 14 new Facilitators find their skills and passion in sharing TB. The evening workshop that the class gave was attended by 44 enthusiastic Dutch breathers. The new Facilitators completed with lots of appreciation and confidence. Judith was assisted by Jolanda Willems whose support and efforts were greatly appreciated.

AFRICA and MIDDLE EAST -- Invitations for Judith to do programs in **SAUDI ARABIA** and **KENYA** are in the planning stages for late 2005 or early 2006.

GERMANY -- Trainers Peter Dalmeijer and Anita will be sharing TB in Germany throughout this year and planning on organizing trainings there.

FRANCE -- Trainer Catherine Branle of Belgium will be organizing the first TB training in France.

Please let us know of your international programs and sharing of TB!

TBF News Briefs

Training in Mexico

There is still time to register for the **Weeklong Breath Seminar (Levels I, II & II) in Cabo San Lucas. January 14-19, 2005.** Spend the week with Judith. Register with Rox at 603.284.9291 or online at: <http://www.breath2000.com/>. Major credit cards accepted.

"Let Love and Breath into your Life."

Upcoming Events March in New York & New England

"Reclaim Your Breath". If you are looking for a boost taking part in a TB event as a Facilitator or Participant consider joining Judith and staff at three (3) Breath-filled weekends on the East Coast in March. We may be able to assist with accommodation and food costs. RYB is a relatively new weekend that can be equated to Level I, but with more of a concentrated focus on the breath and not other modalities. There will also be time for Facilitators to breathe.

March 4-6 Rowe Conference Center, MA
March 11-13 All that Matter, Wakefield, RI
March 18-20 Wainwright Conference Center, Rye, NY

From the Founder: Facilitator and Trainer Support in 2005

Dear TB Family,

I have been getting inner and outer guidance to spend time in 2005 offering support and resources to develop our corps of TB teachers and trainers. It has become apparent and clear that the future and success of TB depends on the ability of the TB teachers. In the past many who have been called to TB have left this work. It is my intention to help those wanting to share TB with groups and in TB trainings, develop the skills, confidence and inspiration so that they might find the success and joy that awaits one in this work and field. As a result of this I will be sponsoring several Teacher Training weekends, tuition free, to build and solidify those wanting to teach Transformational Breath. Dates and places will be announced in the near future. Plans are underway for one on the West Coast of the US in the spring, East Coast this summer and in Europe this Fall.

Foundation Negotiating on Ocean Front Property for Healing Center

The Future site for The TB Center, Judith is negotiating on a one half-acre ocean front lot on

the East Cape in the Cabo San Lucas area of Baja California. This represents a vision and dream of our founder Judith Kravitz and will close the real estate transaction some time early February. Judith envisions a center on the beach where she and other Trainers can retreat and hold programs. The next phase will be designing a structure, which artist, Facilitator and Co-Trainer, Jim Bess has volunteered to assist in doing. The next goal will be manifesting the funds to build the perfect ocean front center. Ideas and contributions are welcome!

Damanhur 2005

The second annual **Sacred Journey's Tour in Northern Italy** (see special events page www.breathe2000.com) is scheduled for **April 19-25, 2005**. The response to last year's trip was overwhelmingly positive and participants found Damanhur to be one of the most amazing places they had ever been to or felt. Founded over 25 years ago Damanhur is one of the largest, most successful Spiritual communities in the world. It sets a new paradigm in spiritually intended living, boasting its own government, monetary economic system, organic farming, artistic endeavors of all forms, energetic healing and tools way beyond common modalities. The community features a seven story underground temple that is too magnificent to describe. The lands of Damanhur are situated on one of the highest energy spots on the planet, where four of the synchronic Ley lines intersect on a bed of melanite. For many, Damanhur feels like a spiritual home and the sacred language and dances have taken us to other dimensional spaces.



This year we have timed it so that we will be there for the full moon oracle and an informal meeting with the founder Falco. We have also been given permission to not only visit the Temple of Mankind but to spend extended time and breathe in the hall of mirrors as well. The technology and awareness at Damanhur far surpasses any thing that I have ever seen and has to be experienced to really get it.

One day will also be spent studying their advanced healing methods and another going into Torino to visit the Egyptian Museum and the famous Shroud of Turin, Jesus. We will purposely keep our group small and is open to experienced breathers only. For more information or to register, please contact the TBF at 603.284.9291.

New Teachers Training in Isla Mujeres

Level V, TBF's Teachers Training, was held November 14 - 20, 2004 in Isla Mujeres, Mexico,

an Island 16 miles off the coast of Cancun. Teachers was a giant success. Level V is considered the most rewarding and challenging of all the TBF programs. This years program was lead by Judith Kravitz and assisted by trainers Jessica Leaf, Sheryl Haupt and Dave Merrill. Nineteen new leaders attended and learned a lot about presentation, identifying Mission, greater expression, TB content, organizing material and ideas and greater confidence in all life's endeavors.

The training took place at an idyllic setting on an island and the azure blue water surrounded the water-front meeting room on three sides. Participants had lots of practice leading exercises, presenting TB material, giving feedback and overall knowledge of working with breathing groups. The Reef Club resort was so well received that plans are underway to hold next year's US Level V there again. The decks adjoining the meeting room allowed for dramatic breathing sessions right next to crashing waves on the ocean.

Level V offers an amazing opportunity to find one's leadership strengths, overcome fears, connect with deeper purpose, and grow immensely in one's ability to work with TB in a group setting.

Note: Dates for the 2005 Teachers Trainings are July 5-10 in a castle in Southern Holland and November 6-11 in Isla Mujeres, Mexico. It will forever change your life!

Regional Events and News

New Jersey, New York, Pennsylvania

On **Sunday, January 16, 2005**, 1 - 5pm in **Wayne, PA** there will be a Workshop at the **New Thought Spiritual Community** with **Rev. Frank Sanborn**. A great location and a wonderful group of folks. To register, contact **Fiona** at 610.608.0756 or fionaes@earthlink.net. Experienced Breathers may come later at 2:30pm. Cost is \$60.

Julie Mackert has events around New Jersey and into New York:

January 9, 2005 in Manhattan (548 W. 28th Street)

February dates in Hackettstown, NJ.

Julie plans also a Breath and Yoga Weekend retreat the final weekend of February.

Call her for details. 908.403.9183.

Facilitator and Trainer Info

Breath Dynamics Co-Op

Facilitators! Join the Breath Dynamics Co-Op and receive marketing and technical support in your Breath practice. **Our Mission:** To further promote Transformational Breathing by assisting Certified Breathworkers in their individual Breathing and Healing practice. The Co-Op Offer is viewable on the Breath Dynamics website at:

www.breath-dynamics.com/about-breath-dynamics.htm

Read about Info and Benefits. Join us and continue your Breathwork practice with a professional business platform at your disposal.

Facilitators Want to Know: Q&A

Q: "What is the best way to deal with resistance in a difficult client?"

A: Most resistance is really the mind's fears coming to the surface. The opening interview is the best time to work through those fears by asking questions and giving a thorough explanation of what might occur in a session before hand. If you set up leverage with goals you can use that in the session when clients want to stop or resist. Part of our job as good coaches is to be clever in motivating folks through their fears of the unknown. Using their goals to help them move past the controlled comfortable places is a skill we need to continue to develop. One technique I have used is to acknowledge how they are feeling and then give them choices based on their intentions as to what they really want. It is important to keep the client breathing and not engage in a lot of verbal interactions. This brings things more to a battle of wills as opposed to a good coach motivating his team player. Also, reassuring clients that what they are feeling is normal and part of the integration that is taking place is an important tactic. The resistance is just another pattern to breathe through.

Q: "What if my client feels that not much has happened?"

A: Sometimes after a session a client will make a comment that they feel not much has happened. This could be several things happening. One possibility is that some folks go into such an altered state that they loose awareness of their body and what happened. For these folks it would be good to remind them what you saw and experienced. For some the experience was so intense that there is no place in their reality for it to fit in. In this situation it is good to just let them know that by breathing for one hour many changes take place in the mind, body and cells regardless of what they feel. So folks do not have very intense responses in sessions and things seem relatively calm throughout the session. This once again does not mean nothing is happening. One hour of oxygenation with TB will always produce changes inside and out. The mind has no way of discerning the physical, mental and cellular internal changes that happen in a session and yet it always tries. Our job is to hold firm and know that a lot happens regardless of what the client may or may not perceive.

Q: "I feel discouraged, only two people attended my last workshop."

A: This has happened to all of us one time or another. Our choice is to feel that somehow that was a mistake or that there was perfection in that experience. When I found myself in a similar situation I was able to, after getting over the initial shock, understand some of the workings of Spirit in these situations. First of all, I wanted to know what the message was. The answer I got was that who shows up is not my business, my business is for me to show up and trust. Trust in that what I have to share is valuable and trust that the right people have shown up. Sometimes low numbers can be the effect of our energy or consciousness and sometimes it is that the ones who came are the lucky few to have such a personal experience. I then can relax and enjoy the gift of a smaller group. Without making the experience wrong I open myself up to the flow as perfect, that ultimately allows a greater flow to occur. I also breathe on what else might be going on and where I might be blocked around accepting greater good.

Let's Network

Let's spread Transformational Breathing and help each other. Facilitators or Trainers who have a web presence, we can "cross-link" websites to promote each other.

Here's what to do:

- 1) Check the Breath Dynamics Links page: www.breath-dynamics.com/links.htm and ask for a "cross link" via email. We will post you on our Links page and you, in turn, post Breath Dynamics on yours.
- 2) Check the TBF website, and find Facilitators there who have a website. Engage in a cross-link with them.

The result is networked exposure instead of each of us working on our own island. Transformational Breathing can grow in reputation and exposure when we all help each other.

Peace and Joy,

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