

TBF E-News

SUMMER 2007 SUPPLEMENT

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

BRIEFS

Webmaster Vacation

Our Webmaster is leaving for New Hampshire on August 30 for several weeks of a working vacation.

Recall Judith must approve Trainings and Workshop requests so please allow extra time for web posting. We apologize for any delay.

Thanks.

Please continue offering your highest thoughts and prayers for the troops standing in harms way, and those who must live amid our world's wars.

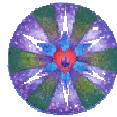
EARTH DANCE 2007

September 15

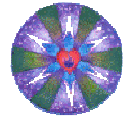
The Global Festival for Peace

2006 united over 340 locations in 57 countries through music and dance in celebration of peace.

www.earthdance.org



News for Facilitators



Website Cross-Links

Since a number of you have been building your own TB websites, we again remind you to seek out other facilitators and exchange a reciprocal link with their sites. A simple web search will show up a lot of Judith-trained folks. Cross-links help us all generate web traffic and awareness of our work. Any questions contact Steve at info@fountainheadweb.com

Foreign Language Translation

The **Deutsch** (German) and **Nederlands** (Dutch) pages on our website were translated but we don't quite know who provided all the material. If you worked on either one of these, please notify us so we may give proper credit on the site.

Email: info@transformationalbreathing.com

Fac Certification Op in South Africa

Dear Fellow Breathers,

From Nov. 1 until Nov. 5, 2007, a Transformational Breath seminar will be held in South Africa. After traveling to Cape Town in September last year and March this year this will be the first of hopefully many more. At the moment South Africa does not have any facilitators and therefore I am requesting support from all certified and un-certified facilitators in the world.

So if you are interested in supporting me with this seminar or enrolling participants please connect with me directly. This seminar will be slightly different in layout but will count fully toward facilitator certification.

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Q&A

TETANY and PAIN

Q. Hi Judith,

A male client, 35 minutes into a gentle session had tetany with excruciating pain (his words) throughout his body. His belly was very tight and he wanted to quit, but kept breathing. The tetany subsided after 1 3/4 hours. His breath was quite open, with forced exhale in the belly and pronounced pauses at both ends. When the tetany hit, he was very resistant to me talking to him (affirmations/support) or touching him very much. Can you give me input for making next week's session as comfortable as possible for him?

-Love Phyllis

A. Dear Phyllis, hi there. I would let him know that the tetany represents a fear response pattern and also one of holding on. The best thing for him to do is to focus on relaxing his exhale and not in a controlled way. If energy and tension build up in the session then tone until they release. Try to find the muscles that are tightening up and do what you can (e.g. pressure on the inhale and exhale to relax them). A good way to start in a gentler fashion is to have them yawn and then sigh, this opens the breath up slowly and from there you can connect the breath in a gentler pace.

-Love and Hugs, Judi



Facilitators Share



Morning Journal Entry, (last day of seminar, Oceanside, Aug 2007)

- **Carole Schafer**

Thank You, Oneness, for This most precious day.

Thank you for the quiet, sanctity of the coffee house at 6am, and the friends I encountered there.

Thank you for The Cat who sauntered down the center of the hall, on patrol at 6 o'clock ... came into my room, insinuated himself into my nest of bed clothes ... and stayed until I turned on my hair dryer.

Thank you for ... the hummingbirds ... their flight, their feeding in the flowers, and the delight of hearing their chatter, as they perched in a tree in the early morning.

Thank you for the way I eat when I come here ... which is hardly at all. I am full. I am satisfied. There is no hunger. Spirit fills me.

Today feels a commencement for me ... A completion of a phase in my life. I have journeyed far, and stand quietly in that place I've been reaching for. A quiet strong place of Knowing and understanding.

I leave here today, but I do not go alone. Each encounter, each heart felt, each skin touched, each eye met, each soul seen ... lives in me ... Is Who I Am. Thank You, that I have seen myself in them.

Go Sweetly, my Friends ...



Technique
-Patty Alessi

I am finding that when toning at times I have the person go into a Namaste hand position [a prayer mudra] and compress as they tone. I discovered that when I personally do that in my own breath at times my back opens up and the muscles around the ribs and chest wall open as well. I try things out on me first when they come to me of course. It also helps the clients when they don't bring pillows for demonstrations, etc.

Another flash of wisdom came - found on another occasion a three-stroke breath came to me in my own breath, then I shared it at an intro workshop. Their breath opened very well. Especially because it was a seated intro. The people with rotund bellies were able to get the breath more fully. I made it a quick roll with the breath so it is really filling up the belly to chest pretty quickly and where they were not breathing . (It is the two-stroke breath with an extra third quick beat).

-Sending Light and Grace,
Patty

[ed. note: Judith has worked with 3-stroke and even 4-stroke breath before]



Fac News ... continued

Please check www.transformationalbreathprocess.com (TBP program button). Also check out the venue where we will stay. It is beautiful. www.temenos.org.za

Hugs and Heart

Joost Maijvis, Senior Trainer, TBF



Important: Training Rosters

All Trainings must submit rosters. There is an Excel template to be used which is downloadable from the website at:

www.transformationalbreathing.com/tools.aspx

Click: "Training Roster Template" under Documents heading. There are instructions also. Please submit all rosters to:

info@fountainheadweb.com and roxlindbert@aol.com. It is important that we receive rosters in a timely fashion, complete, and accurate so that we may keep training records and accurate mailing list data.



Breathwork Space in Hawaii

Space available at Hawaii (Big Island) Farm / Retreat Center

Fellow Breath Facilitator (Alana) has rooms for rent and Great Room available for short-term or long-term living, breathwork sessions and possible retreats at Haleola Farms. Location is 1/2 hour south of Hilo in the sunnier, lower part of the Puna District (4 miles/10 min. from the ocean). Haleola Farms is at 700 feet elevation on 5 acres of lush land overflowing with mature fruit trees - avocados, bananas, coconut, guava and more! The Great Room is an all cedar building with cathedral ceilings and ocean and jungle views -- suitable for 10-15 breathers at one time. I have mats and music. There is a huge kitchen, 5 bedrooms, 3 baths, and lots of indoor/outdoor living space too.

Flexible options in terms of length of rental or other arrangements.

Contact Alana for more information. alana@haleolafarms.com or (808) 965 8983 or (916) 501 0504. Aloha!



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