



# 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." - Dr. Judith Kravitz



## Contents:

Volume 1 Number 3

Facilitator Spotlight

TBF News Briefs

Facilitator Web Briefs

Networking

Website Offer

Photos

Trainings - US

Trainings - International

Training Registration

TB Around the World

Regional Happenings

Facilitator / Trainer Info

Q & A

Testimonials

Contact Info

*edited by Stephen Gooby  
and Dr. Judith Kravitz*

## Trainings - US

**July 13-14, 2005 -- Level III**

Dayton, Ohio

Barbara Magella

[magellabarbara@yahoo.com](mailto:magellabarbara@yahoo.com)

**July 30-31, 2005 -- Level II**

Lafayette, CA

Sophia Arise -- 707.942.0903

[sophiaarise@yahoo.com](mailto:sophiaarise@yahoo.com)

**August 7-12, 2005 -- Seminar w/ Judith**

Dear Friend,

Summer's here in the US. With all that's happening --- the vacations, cookouts ... the hurricanes (and we're getting them big in Atlanta) --- it may be tough to keep up your breathing practice. Do your best folks, get your daily self-sessions in and find your nearest Workshop or Training -- no matter how hot, wet and sticky it is.

Whether in the States or around the World, Enjoy a Safe and Healthy Season and Breeeeeeeeathe!...

Note: We have renumbered this Newsletter to Volume 1 Number 3 (Volume One denoting the point where the TBF and Breath Dynamics began producing a joint letter) ... Just in case there's any confusion.

Stephen Gooby

[info@breath-dynamics.com](mailto:info@breath-dynamics.com)

## FACILITATOR SPOTLIGHT

by Stephen Gooby



This Issue we profile **Rox Lindbert**. Rox was my first trainer when I began some years ago. She's an awesome individual. One who, in my humble opinion, is the cement that holds the Foundation together. She wears so many hats in the TB world and can multitask at Trainings better than a Pentium chip in a new PC. Personally, she has supported my efforts at organizing Trainings, been a constant mentor and ... went above and beyond by putting up with me at my Level I (yes, I was difficult :-). Many of you know or have met Rox, but few I bet are conscious of all that she does for Transformational Breathing.

**Q.** Seems like you've been with the TBF forever. Tell us of your healing background.

**Rox:** I am a holistic health practitioner who has studied and incorporated many different modalities for over 33 years in the ongoing learning of my own life's lessons. Spirit and Nature serve as my healing foundations in weaving energy work into any healing form I use. At the age of 19, I took off hiking by myself into the Sierra Padre Mountains in southern California for 21 days and fasted on water during that time. I continued fasting for a total of 30 days as I reentered into civilization. This experience was one of my prime learning schools in healing, along with the

<p>Seattle, WA Dave Merrill -- 206.463.1490 <a href="mailto:BreathNorthwest@hotmail.com">BreathNorthwest@hotmail.com</a></p>	<p>survival skills I learned growing up in a dysfunctional family, and coping with life's traumas.</p>
<p><b>August 15-19, 2005 -- Level IV (part 1) w/ Judith</b> Southern CA Jessica Leaf -- 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a></p>	<p>Most of my healing work now centers around Transformational Breathing. The other modalities I have studied and practiced include aura balancing, Reiki, polarity, sports massage, deep tissue and structural alignment. These are supported with guided meditations, peer counseling, psychosynthesis, shamanism, nutrition, herbs, flower and gem essences, and movement patterns from Feldenkrais, tai chi and aikido.</p>
<p><b>August 20-21, 2005 -- Level III</b> Lafayette, CA Sophia Arise-- 707.942.0903 <a href="mailto:sophiaarise@yahoo.com">sophiaarise@yahoo.com</a></p>	<p>The importance of bringing wholistic health to the everyday challenges of living has brought me to work with issues and organizations on self-empowerment, the physically challenged, homeless, community violence, incest, battering, prostitution, death and dying, suicide, court mediation, organizational development and community organizing.</p> <p><b>Q.</b> And what hooked you into TB? The circumstances, the attraction, your first session?</p>
<p><b>September 12-16, 2005 -- Level IV (part 2) w/ Judith</b> Southern CA Jessica Leaf -- 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a></p>	<p><b>Rox:</b> Over the years I have tried many different forms of breathwork such as various meditations, yoga breaths, Rebirthing and Vivation. While they all provided some healing benefits, none of them moved me to continue as long term practices. Then I watched a friend and colleague learn Transformational Breathing and proceed to change her whole life, relationships, work, and her physical and energetic bodies. I wanted whatever she learned that took her through those changes.</p>
<p><b>September 18-23, 2005 -- Seminar w/ Judith</b> Oceanside, CA Jessica Leaf -- 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a></p>	<p>I volunteered to serve in one of her 40 private Breath sessions required for certification. In my first private session, I experienced true Spirit in every cell of my body and every fiber of my psyche, what some might term as a direct experience of God in my body. This experience stayed with me for a few days and was visible to my friends and even strangers as I walked down the street. While each Breath session since has had its own rhythm and learning, Breathing always brings me closer to my true soul's self.</p>
<p><b>October 21-23, 2005 -- RYB (Reclaim Your Breath)</b> Ann Arbor, MI Marcia Bailey and Julie Wolcott <a href="mailto:m Bailey@tm.net">m Bailey@tm.net</a></p>	<p><b>Q.</b> You have big responsibility with the Foundation. (I see you routinely doing 3 people's work at Trainings.) Give us a job description of your position with Judith. (And don't be modest).</p> <p><b>Rox:</b> I serve several different positions with the Transformational Breath Foundation with varying responsibilities. I try to keep track which position I am acting from by thinking of which "hat" I am wearing. I am first and foremost a Breather, then a Facilitator, a Senior Trainer, Senior Trainer Coordinator, Administrator, Judith's Training Coordinator, Office and Training Assistant, and a Board Member. Within those roles, I keep track of a lot of paperwork, accounting, correspondence, products, educational material development and policy guidelines.</p>
<p><b><i>Trainings - International</i></b></p> <p><b>Oct 3-7, 2005 -- Level IV (Part 1)</b> United Kingdom Ange Leake -- 01629 824023 <a href="mailto:ange@breathangel.fsnet.co.uk">ange@breathangel.fsnet.co.uk</a></p>	<p><b>Q.</b> In your many years of practice, do you have any favorite stories from Trainings or workshops? Miracles?</p>
<p><b>Oct 11-16, 2005 -- Seminar w/ Judith</b> Gubbio, Italy Indalecia Ziritt</p>	<p><b>Rox:</b> The beauty of the Breath brings just the right miracle to just the right person at just the right time. This happens over and over again at each Training. Yet my favorite miracles are the regular miracles that start occurring in people's daily lives as each begins to breathe, walk and listen to</p>

<p><a href="mailto:Indalecia@tiscali.it">Indalecia@tiscali.it</a></p>	<p>Spirit on a moment to moment basis. The experience of Life itself at any age becomes the same miracle as when we hold and breathe with a new born baby. I love walking into a bank with a grouchy teller, quietly breathing and leaving with them smiling. I am grateful for the times that Breathing has helped free up relationships stuck in turmoil for years.</p>
<p><b>Oct 29 - Nov 4, 2005 -- Level V w/ Judith</b>  United Kingdom  TBF -- 603.284.9291  <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a></p>	<p>One time I had a severe allergic reaction that triggered an asthmatic attack. Using the Breath and toning I was able to avoid a trip to the emergency room and taking any medication. I have been free of asthmatic medications for years now.</p>
<p><b>Register for Training</b></p> <p><b>Training Registration</b>, 3 ways to sign-up:</p> <p>1- call the <b>Contact</b> listed with the desired Training above.  2- call <b>Rox</b> at the Foundation at 603.284.9291  3- Register <b>Online</b> at <a href="http://www.breathe2000.com/">http://www.breathe2000.com/</a></p>	<p><b>Q.</b> What is your vision of the role of TB in the individual and in the world as a whole?</p> <p><b>Rox:</b> The Breath is such a gift, that everyone in the world deserves to have access to those skills regardless of their life circumstances or income. The Breath brings healing to people of any age, race or culture, whether they are in the middle of their everyday lives or in the middle of a war, a celebration or natural disaster, feasting or starving, meditating or in prison, or any number of life's situations. This need draws the Breath ever closer to being taught on a large scale at public and private schools, hospitals and health clinics, religious organizations, village gatherings, public events and holidays, on the streets, and broadcast on the internet, television and radio in order to circle the globe. Donations and grants will fund the many Facilitators, Trainers and programs needed to accomplish all this.</p>
<p><b>Questions</b></p> <p>Send your Breathing questions to: <a href="mailto:judithkravitz@aol.com">judithkravitz@aol.com</a>  If you're a Client, Breath Professional or simply interested in Transformational Breathing, we'll have Judith, Steve, Rox or another breathworker reply here to your query. Thanks!</p>	<p>In the meantime, we can all share our own individual and group Breath sessions and Trainings. We can set our intention and join in the awareness of Spirit with our families, neighbors, communities, politicians and their decisions, conflicts and peace negotiations, and with our precious earth, and all her plants and animals.</p>
<p><b>Q.</b> <i>Dear Judith, I've had another Asthmatic come my way. What special things need I consider? Any other tips would be greatly appreciated. A 56 year old male. I'm not sure how long the condition has been present, but allergies are also problematic.</i>  --Corinne</p> <p><b>A.</b> Dear Corinne,  Hi there. The most important thing to remember with asthmatics is that the problem is not about trying to get more air in but more about being able to relax</p>	<p style="text-align: center;"><b>TBF NEWS BRIEFS</b></p> <p style="text-align: center;">by Judith Kravitz</p> <p><b>2005 Proves Itself the Busiest Year Yet in TBF Training Programs</b>  Judith is leading 9 Seminars, along with 4 Level IV's, Facilitator Trainings and 3 Level V Teacher Trainings for 2005. Other Seminar and Weekend Programs are being given by Dave Merrill and Tracey Stover from the Seattle area, Sheryl Haupt in Sacramento, Sophia Arise in the San Francisco Bay Area, Barbara Magella in Ohio, Wendy Rudell in Cabo Mexico, Indalecia Ziritt in Italy, Ange Leake in the UK, Jessica Leaf in San Clemente, CA, Marco DeJeager in Kenya, Africa, and Doctors Anthony Sainz and Chih Ching Woo in Taiwan.</p> <p>There will be about 50 graduates from the Teachers Trainings this year, so new Programs and Leaders will be responding to the TB call and need on the planet for this glorious work to continue to expand. Please check the TBF Training Schedules on <a href="http://www.breath2000.com">http://www.breath2000.com</a> for all the latest dates and programs</p>

enough to let the air go so there is more room for the next breath to enter the lungs. This can be challenging as asthmatics have a fear of "letting go" usually based on a time when they were unable to let go of their last breath because for one reason or another the next one did not come. Good affirmations to work with are " I can get enough" and "It's safe and easy for me to breathe." Also prop them up and work as much as possible on the solar plexus and even slowing the breathing down until they can begin to relax and let the exhale go. Try to have different expectations with asthmatics as they have life-long issues with their breath and progress will be at a slower pace. Give them extra homework. like 100 Breaths several times a day, and if you can during the session, give them a sense of when they are relaxed and when they are holding on. That will help them with their homework. I know you will have a great session.

Love and Hugs,  
--Judi

*Q. From Jessica Leaf... a question about working with people who have done a lot of yogic breathing techniques.*

**A.** Dear Jess,

As far as yoga breathers, the controlled exhaling that they are trained in extensively is really tension-producing and blocks the energy in the solar plexus if they carry it over to everyday breathing, which they do for the most part. You can have them check in and feel how tight the SP muscles are and let them know that is good for yoga and not for everyday breathing. It is essential that those muscles be able to relax fully for free energy flow, as well as have the control for Yoga. They are also prana experts so they really feel when the

**Level V in Cabo this October.** This year's USA, TB Teacher's Training will be held at the beautiful venue, Marbella Suites in **Cabo San Lucas, Mexico**, October 29 thru November 4, 2005. Level V is an unbelievably powerful week that supports those who are being called to teach TB, give workshops, and lead TB trainings.

The Marbella is located on the Sea of Cortez in Baja Mexico and is about an hour flight from San Diego. This very experiential Program is geared to assist anyone in gaining confidence, empowerment, clarity, strengthening of their mission, and the ability to work with Breathing groups.

Judith feels "that of all the Breathing Programs we have, Level V produces the biggest growth and shifts for people. It also seems to be the most fun."

**New TB "Fully Alive" Personal Seminar --Hawaii next March.**

This format is being developed, and features not only a week of powerful Transformational Breathing session, but highlights "*Living Foods*" education and diet. It provides information on what a raw foods life style involves and how to enjoy it. Supported with a totally Living Foods diet all week. you'll learn how to prepare and transition to living foods and what one can expect as results.

This groundbreaking program, "Fully Alive" will take place on the Big Island of **Hawaii March 26-31, 2006**. The tropical training site will serve us all organic live foods. The Training will be led by Judith Kravitz, Jessica Leaf and Sheryl Haupt. We are especially privileged to have Jessica and Sheryl who have extensive experience and knowledge in raw food nutrition and preparation. We invite Facilitators and Participants to sign up early as a full enrollment is expected. If you would like to facilitate, or know of someone who would like to attend, please register ASAP. This unique new format is receiving a big response. Contact Jessica at [jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**New Language Versions of "100 Breaths to Joy"** are being made in several different languages in order to support the sharing of TB in those countries. Wanye Tooker in Italy is producing an Italian version and Marie-Therese Maurice in Canada is making one in French. Andrea Falk in the UK is making 100 Breaths, a children's version in English called "Jelly Bellies".

**New Child's Breath Book.** We are in the process of putting the new "**Child's Breath**" **book and Breathing Program for Children** together, I have been made aware that there are many of you who have had experience in working with the young. I welcome your individual and in group experiences to add to this body of knowledge. If you would like to co-author a chapter in our book "Child's Breath," or have some data or experience you would like to contribute in this field, please contact Judith at [judithkravitz@aol.com](mailto:judithkravitz@aol.com) and see how your valuable experiences will add to this worthwhile endeavor.

breath (i.e. energy) flows freely. TB is the Yoga Breath for Integration...  
--Big Hugs, Judi

### *Testimonials*

Your words are more meaningful than anything we can write. If you have a Testimonial about your experience with Transformational Breathing, send it in and we will print it in our next issue. Send to:  
[info@breath-dynamics.com](mailto:info@breath-dynamics.com)

If you have trouble getting in your daily Self-Session. Read the following ...

I just NEED to share this ... A couple of minutes ago, I did a breath session with my almost 7 years old daughter. After the 5 minutes (that's what it takes I guess) she told me: "Daddy, I feel so much bigger after a breathing session, other people become smaller! I also feel very happy!"

I tell her that I am so happy for her and thank her for sharing. Then, she says: "Dad, for my upcoming birthday I want my own mat, so I can do a breath session every day in my own room ..."

What can I say, this is truly amazing work. During that short session I asked that she would get a present and guidance. Thank you angels, guides and God.

With a big breath hug,  
Marcel

#### **Luz Delia reports:**

Michael Gerber is my friend and I have been breathing him for about two months. A few times one on one and daily on the phone!!! He has stopped

**Looking for contributions for "Childs Breath".** As Judith's new book, "Childs Breath" continues to take form, we are looking for any stories related to working with youth and TB, or anyone who would like to co-write and contribute a chapter. Please contact Judith as soon as possible.

This will be an illustrated "Breathers Manual" for young and old. Eric Almaas, the talented artist who did the cover of "Breathe Deep, Laugh Loudly", will be the illustrator. There will be a section where others who have had experiences or knowledge in this field can contribute to and as a co-author, and will be able to give talks and presentations on this subject.

The book will be released early 2006 and available to use as text in schools.

**New Tri Vortex Ionizers available.** The latest new Tri Vortex product is a room ionizer that has been treated with the Tri Vortex Technology. Therefore all the air they put out is not only purified and ionized, but also has the Tri Vortex charge. Each ionizer can treat a 400 square foot room.

Some of the reported results are sleeping better, experiencing more energy, feeling more positive and having fewer allergic reactions.

### ***FACILITATOR and TRAINER INFO***

**A New Breathing Analysis DVD series** is being put together for TB Facilitators. It features Judith giving Breathing Analysis to new breathers, as well as experienced Facilitators. This long awaited DVD tool will assist Facilitators to more fully understand the science of Breathing Analysis and how to work specifically with individual breathing patterns. The first DVD will be about two and a half hours long and have over ten different Breathing Analysis on it. This will be followed by another DVD later in the year of a similar length.

#### **Facilitator Reunion and Breath Day**

Sunday July 17th 2005  
10:00 am to 4:00 pm  
Tarzana, California

Suggested donation \$25. Intentions, morning breath, journaling, swimming, lunch, metaphysical crafts, afternoon breath, movement. Morning breath will be facilitated by Ida Kendall, afternoon breath will be a self-session. If anyone wants to come on Saturday night and stay over, Ida has (informal) accommodations for 9. Bring your suits, the pool is warming up! To contact Ida for RSVP, address and directions, email: [idakendall@adelphia.net](mailto:idakendall@adelphia.net) or Call 818-274-1193 (work); 818-357-5819 (home).

taking his blood pressure medications,  
stopped drinking alcohol and caffeine!!!!  
His eating habits are also changing!!!

### *Contact Info*

**Dr. Judith Kravitz**



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### **Website Content**

Certified Facilitators and Trainers are always welcome to send Newsletter contributions to Judith -- not just testimonials or questions -- but articles as well. Items such as TB case studies, general interest or inspirational pieces are considered and appreciated.

### **WEBSITE BRIEFS**

**Networking.** To All Trainers and Facilitators: Some of you have a Web presence but have NOT responded to Judith's plea to Link our Websites together. What's the problem? This helps us all! Steve gets more inquiries from non-TB sites than from our own Breath Family.

What to do? If you have a website, please ask for a **reciprocal-link** with other Trainers and Facilitators who have a website. It's Easy ... and it helps spread Transformational Breathing further around the world.

- 1) Check [www.breath-dynamics.com/links.htm](http://www.breath-dynamics.com/links.htm) to get an idea. Contact Steve for a reciprocal-link
- 2) Check the TBF website's Facilitator page and find those who have websites:  
<http://www.breathe2000.com/facilitators1.html>  
Engage in a reciprocal-link with each other.  
*-Judith and Steve*

**Website Offer.** Some of you I understand, may want a web presence but don't know how to go about it. Maybe it's daunting to some. It certainly isn't expensive. To help out our joint Mission, I will -- For **FREE** -- take a certain number of Judith-trained TB Breathworkers and post all details of your Breathing Workshops and Trainings on the Breath Dynamics website along with your picture and healing background. Be part of a Co-Operative for Transformational Breathing. In other words, **Use Breath Dynamics as Your Web Presence!**

Look over <http://www.breath-dynamics.com/> and see what I'm really offering. If you're serious about spreading your Breathworker gifts around, then a website helps. If you like the content and want to **share this space with me and others**, then call me at 609.284.1400 or email [info@breath-dynamics.com](mailto:info@breath-dynamics.com)  
*-Steve*

**Facilitator / Trainer Photos.** **Joyce Chandler, the TBF Webmaster** is in the process of redoing the **Facilitator Section's pictures** and would love your support by having you please send to her a new digital photo to [breathinfo@aol.com](mailto:breathinfo@aol.com) and she will adjust the size so that the all the photos are uniform. Corinne Bell is editing the **Facilitator bios** to be more clear and concise. Please keep us advised on all new updates for the site.  
*- Judith*

## **REGIONAL EVENTS and NEWS**

**Stephen Gooby** covers areas around the Southeast for workshops and local private sessions. Check [www.breath-dynamics.com](http://www.breath-dynamics.com). For Georgia, Alabama, the Carolinas and Florida, call Steve at 770.785.7051 or 609.284.1400. Email: [info@breath-dynamics.com](mailto:info@breath-dynamics.com).

Northern Florida (around Gainesville) events can be arranged by calling **Bhakti-lata Gauthier** at 386.418.3828. Email: [bhakti888@aol.com](mailto:bhakti888@aol.com)

**Julie Mackert** provides workshops in New Jersey and nearby areas in New York and Pennsylvania. Contact Julie: 908.403.9183, [julmac2000@yahoo.com](mailto:julmac2000@yahoo.com) or <http://www.breathewithjul.com/>

**Alan Dolan** works in Lanzarote, off the coast of Spain. Visit his new website at: <http://www.breath-works.com>

## **TB AROUND THE WORLD**

### **Italy: Love's Inspiration -- Expands Respiration**

*This past April I had the opportunity to see some of the amazing effects that occurred from a small dedicated group of Facilitators bonding together in love for each other and the love of Transformational Breathing, the work they share.*

On my recent visit to Italy this last spring to lead a TB Seminar, I had the great gift of being part of a very magical and inspiring sharing between TBF Facilitators -- the unified efforts of a committed group of Facilitators who created a huge response and new beginning for TB in Italy.

Over the course of the Seminar week, I was very touched by the caring and cooperation that was so obvious between organizer Indalecia Ziritt and her loyal supporters. A group of a half dozen Facilitators teamed together and supported each other to build a Seminar and to create a new TB Italia website, a Breathing Analysis DVD, and organize a 100 Breaths to Joy and other Breathing events. Most importantly, together they held a Vision of TB in Italy, and followed with efforts to do what it takes to bring TB to their country in a bigger way. This clarified for me what our work is really about, **connecting together in love and sharing TB**. The magic and synergy that came from that essence was really something to feel and behold.

Italy has been known for its passion. In working with this group of Facilitators, whose love and passion was so strong, I experienced what a powerful creative force that can be. I realized that is where our personal and professional growth comes from, our passion for our mission and the expression of love in TB and with our community.

The small group of Facilitators were offered an opportunity to organize an evening TB Workshop in Milan the night before I left. They had but a week's notice to organize and promote it. These TB Facilitators jumped on the opportunity.

**On the evening of the Workshop, I was amazed to see over a hundred Breathers lined up on the streets of Milan to experience our Workshop.** We even had to expand into a second conference room to accommodate all the Breathers. I knew it was the excitement and *amour* that this special group of Facilitators, that had the ability to attract and magnetize such a great response. Needless to say, the Workshop was amazing, and filled with stories of such wonderful sessions, angels, healing and life changing insights.

*Italy is not unique. Everywhere we go and share TB, the love and the magic of this work sends waves of good into the universal ethers. This attracts a multitude of wondrous beings and experiences. It is then magnified by the synergy that we create when we as Facilitators bond together in love.*

-Judith

Peace and Joy,

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