



# 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



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Volume 1 Number 4

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*edited by Stephen Gooby  
and Dr. Judith Kravitz*

## Questions

Send your Breathing questions to:  
[judithkravitz@aol.com](mailto:judithkravitz@aol.com)

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!

**Q.** After doing breath work, meditation, and chi kung for quite a while, I thought I knew how to breathe. Well after

Dear Friend,

Well, Autumn is here. Kids are back in school. Now you can rest from your busy Summer - with more room (and time) to Breathe. Enjoy reading our 4th Quarter Issue.

## FACILITATOR SPOTLIGHT

*by Stephen Gooby*  
[info@breath-dynamics.com](mailto:info@breath-dynamics.com)

This Issue we profile Marco and Jacquelin De Jager from Holland who do some interesting work in Africa. They are the first Spotlight subjects that I hadn't known previously. I was moved, not surprisingly, by their Africa project. I think you will be too.



**Q.** How did you first become involved in Transformational Breathing?

**A.** I (Marco) was following an NLP training in Holland and the trainers organized a breath day for all the participants; when I went home after this day (with having a TB session in the evening), I said to Jacquelin, "We got to do TB!" She asked, "Why?" I said, "Can't say, but we have to do it." She asked, "Did you feel something?" I said, "No." She then asked, "Did you feel something physically?" I answered, "No." She asked, "Emotional feelings?" I said again, "No." But there was something in me that says: "Do it." And Jacquelin agreed that we would wait for a year (next year the TB seminar would be in Holland). Just a few weeks before the seminar week, I was again in the NLP training and had again a breath day, with a TB session in the evening (1 year after the first experience). And that session was so wonderful, I really opened

*reading about using more of your diaphragm for breath, it has opened up huge reserves of repressed emotion and energy. My question: I seem to get the most out of it when my diaphragm stretches down with my in breath, is this proper? And also from the Kindling trading I've had they said you should never breathe through the mouth because it damages the nervous system. Could you tell me your thoughts on this, because I like to breath in through the nose and exhale through the mouth to process more oxygen, but still filter the air coming in?*

*Ike Taylor*

A. Dear Ike, Hi there. Thank you for your interest in Transformational Breath and your interesting questions. You are totally correct in the understanding of the movement of the diaphragm stretching down on the inhalation. To really use the respiratory system correctly you want to bring it down as deeply as possible into the abdominal cavity. It almost seems as though you are touching the pelvic floor with your diaphragm when you maximize this movement. The further you bring it down the more space and internal pressure you create so that a greater volume of air can enter the respiratory system. This also helps the exhale be more effective. As when the diaphragm is released on the exhale, the air is forced out with the change of space and internal pressure. It is similar to a rubber band being pulled and released. So the stronger the pulling down effort on the inhale the easier and more effective the exhale becomes.

As far as using your nose to breathe in and mouth to exhale, this is a very popular yoga breathing method to accomplish specific energy states. It is

my heart, was crying of happiness, and felt that this was the reason why we were waiting for one year, because TB would be a part of our lives!!



Q. I understand that you do Breathwork in Kenya. What attracted you to work there?

A. In our first seminar week we met Karin Maniscza, and she told her story about her passion of working in the slums in Nairobi, Kenya. She sold her company and went to Nairobi to help people, not in a material way but of possibilities of personal development. Her story, and her question of whether there would be trainers to come to help her, touched us so much, that we decided to go to Nairobi.

Karin asked us to do Enneagram and TB; first we started with Enneagram Training and small TB workshops / introductions.

But soon the people liked TB so much that we were doing more TB workshops and individual sessions in the weeks we were with Karin in Nairobi.



Q. Please tell us about your program in Nairobi.

A. Karin is the founder of UNIP; UNIP is a foundation that means United Inner Power, and it really develops very fast, so there were several trainers and teachers (people of Nairobi) working for

important however in TB to breathe in and out with the same "hole" (i.e. either the nose or the mouth). The reason for this is that in TB we create an energy circuit by breathing in and out from the same place. This energy circuit is essential in the vibratory changes that take place as a result of our breathing in this way. Breathing in and out the connected way through the mouth also accesses the lower parts of the body and energy centers, clears and integrates energies and issues there first. Later as one progresses in TB we use nose connected breathing to open and access the higher energy centers. We have not experienced any type of harm to the nervous system by breathing this way during sessions, and it allows many wonderful benefits to occur. I hope you will join us some time for an extended experience of TB in a Seminar week and see what is possible with the breath.

Breathing In Love, Judith

*Q. I realize oxygen is healing. So why not just go get some Hyperbaric Oxygen Therapy (HBOT)? What's the real difference?*

**A.** When we breathe, oxygen is taken in through the lungs into air sacs called *alveoli*, and from there "diffuses" into poorly oxygenated blood due to differences in oxygen concentration. The oxygen then binds to hemoglobin to be carried to cells (very little free oxygen remains in plasma at normal atmospheric condition). This medical fact shows there is a maximum or "saturation point" to the amount of oxygen we can absorb and transport at one time. Both TB and HBOT can reach this super-oxygenated state. With

this foundation. And these people also followed TB workshops and did individual sessions. So it was the start of our dream to bring TB not only at the moment we are in Kenia to Nairobi, but to teach these people the work of TB so they can let it grow in Kenia. When Judith was last year in Holland, we had a meeting with her, so we could tell her about our feelings and ideas of TB in Kenia. She was really enthusiastic and together we made plans on how to do it. After that we started the organisation (in cooperation with Karin) to do a seminar week in Kenia and the next year Level IV. We were supported by Judith and TBF by getting books, CDs and manuals for the people of the seminar (9 persons). Also from our colleagues we received gifts so we could buy a CD Discman for the participants in Kenia so they can do their daily exercises (100 breaths) and their weekly self-session.

Karin organised a place where we could do the seminar, so we could concentrate just on the seminar. On the 22nd of July we went to Nairobi (with our 2 boys of 8 and 10 years old). Two days later we went with all the participants, Karin and Margareth (they took care of the cooking and the children) on the bus trip to Mombassa, where the seminar took place. It was a lovely place (houses on the beach) and the participants loved it because it was the first time in their lives they were on a beach and saw the sea. The seminar week was very impressive, warm and joyful.

**Q.** Is verbal communication an obstacle during the work? Do you work in English, Swahili or through other means?

**A.** We did the week in English (all the participants speak besides their own language Kiswahili English). Sometimes it was funny because English is sometimes difficult for us, and than we make 'new' English words. But through the week the communication was very good and it was impressive that it was more open as the week was went on and on and there was still more speaking out of their heart.



**Q.** Could you share one inspiring story of your work?



HBOT, there may be even a slight advantage, due to the speed and pressure under which you bring the volume of oxygen into the blood -- (because HBOT actually increases the plasma levels of oxygen).

But the minor advantage ends there. There are conditions where HBOT is not appropriate (like emphysema, certain ear dysfunction, spontaneous pneumothorax etc.).

With TB there are NO recognized contraindications (it's conscious breathing after all). The greatest difference though, and the big payoff is that TB heals by creating a **high vibrational energetic field** through which we receive our prana (chi, life force), and from which we raise our vibration and are able to **recondition dysfunctional breathing patterns**, and **clear emotional, mental and spiritual blocks** which manifest as illness in the first place. HBOT is not capable of such healing, and is not inherently Holistic.

Our advice: leave the HBOT for those who need it (burn victims, stroke and spinal cord trauma patients, carbon monoxide poisoning and those too physically weak to take part in a conscious breathing practice). Proponents of HBOT recognize that it is merely a temporary medical measure; Transformational Breathing however is a permanent deep healing modality. (Oh, it's less expensive too!)

*Q. Hi, I read a copy of your book and after having a session with a facilitator. You talk about how children are taught from a young age not to cry and to suppress their tears through common phrases such as "there there don't cry" or "cheer up, only babies cry" etc.*

**A.** After the week, the participants went back to Nairobi and before we left to Holland we organized another workshop day for them. So we could hear how they managed with their changes in their daily lives, we talked about their questions and we did an *agni* breathing session. The were so enthusiastic that they do daily 100 Breaths and the 5 Rites in the center of UNIP and they go to practice and study, so they are going to do next year Level IV. The great benefit of it, is that with this they have new changes in their lives and can start a new profession. It was very impressive to see how happy these people are. They were so grateful for all the gifts they got from TBF and TBA-NL.

**Q.** What is your vision concerning TB in developing nations like those in Africa?

**A.** Next year we arranged that Judith will join us in Kenya, so she can do Level IV with all these people. After that week we will give a new seminar week, so the participants of level IV can immediately practice in that week as an facilitator. For everything in Kenya we do, it is out of our heart and our own costs. This is also for the seminar weeks, they are almost for free for the participants, so we collect money to pay this week for them. If you feel that you will support this grow of TB in Kenya with a gift, let us know!

We felt and believe that TB is also in Africa a wonderful thing to do and to have. We will go on with our dream to work with the people in Nairobi and hope that other people are inspired to do also this work in Africa or will support us (in doing things or send gifts for the people there).

Editor's Note: Thanks to Marco and Jacquelin for their beautiful contribution. Doing this pioneering work, and on a population that is often essentially "forgotten" by we fortunate people in the West, they will doubtless inspire much similar work by TB facilitators around the world in years to come. Below you'll find more and equally significant World News (page 9) concerning TB.

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## ***"Totally Alive" Hawaiian Raw Foods Breathing Seminar***

*by Sheryl Haupt*

Nestled between a lush tropical forest and the warm Pacific Ocean, sits a retreat center on the Big Island of Hawaii that will be the location for a very special Transformational Breath Seminar.

In addition to the full breath seminar format, we are featuring an introduction to the living foods lifestyle. We will feast on fresh live foods throughout the week. We will learn what live foods are, why they enhance your health and life, how to transition more live food into your diet, what detoxification is and how to manage it as your body becomes healthier and lighter. You will even receive recipes and information on live food preparation and equipment.

We believe that the combination of the breath and live food will create a deeper and richer

*What is a more constructive way to console a crying child? I have a four year old daughter and I am guilty of using the above phrases as I have never heard any alternatives. Is there anything you can suggest?*

*Thanks, Fran*

**A. Dear Fran,**

Hi there. Recently we have realized that unfelt or unexpressed feelings can do a lot of internal damage which only results in external problems or illnesses. In Transformational Breathing we encourage individuals young and old to fully feel and express their feelings as they come up in their sessions or in their lives. Then when the feelings arise we show them how to breathe or sound through them so that they are able to resolve them by changing their energy pattern. In working with children in their daily lives as feelings come up spontaneously we can validate how they feel and let them know we understand how they feel and that it is okay to express those feelings. The options would be to make those feelings not okay, and have them suppress them, which really do not make them go away but bury them in the unconscious where they could come up at anytime or even make one ill. I like to say to my grandchildren, "It's okay to feel your feelings", "Make the sounds of your pain", "It's good to express". In those situations it can be very healing to process the feelings on the spot as opposed to trying to squelch them inside. Sometimes healing is not all neat and quiet but consists of deep feelings needing to be expressed. Toning and breathing can assist in transforming the energy of those emotions.

experience throughout this magical week in paradise. Your trainers for this seminar are Judith Kravitz, Jessica Leaf and Sheryl Haupt. Judith is the co-founder of the Foundation and is the ultimate authority on Transformational Breath. Jessica and Sheryl have both been facilitators for the Optimum Health Institute and bring their experience and knowledge of the live food lifestyle to you. Jessica is also a graduate of the Living Light Culinary Arts Institute. Together they will share with you their knowledge and experience to make this a rich, profound, and life-changing event.

Kalani Oceanside Retreat is the location for this wonderful adventure. For over 30 years, Kalani has been a soulful place of refuge and renewal for international guests. Kalani is an educational non-profit organization that celebrates Hawaii, nature, culture and wellness. Kalani is located on Hawaii Island, commonly known as "the Big Island", and is bordered by tropical jungle and the Pacific Ocean.



Kalani's recipe for a transformative retreat includes:

**Keep your spirit high**  
**Awaken to new ways of living**  
**Let yourself relax and rejuvenate**  
**Attune with creative energy**  
**Nurture your body and soul**  
**Indulge in natural splendor**

Kalani Honua means "harmony of heaven and earth", and this is what Kalani aspires to. They welcome all in the spirit of aloha and are guided by the Hawai'ian tradition of ohana (extended family), respecting diversity yet sharing in unity.



Kalani is located on 120 acres of tropical beauty on the southeast coast of the Big Island. Kalani is a 45 minute drive from the airport in Hilo, or a 2.5 hour drive from the airport in Kona.

Hawaii Island is less crowded and less commercial than other Hawaiian islands, and offers a variety of spectacular natural attractions. Kalani is located near Kilauea, one of the world's most active volcanoes, where fire goddess Pele expands the island daily.

The dramatic lava cliffs of the Kalani coastal area provide for close-up views of turtles and dolphins and seasonal whale watching. The cliff also provides a haven for sunbathing, meditation or yoga.

Nearby attractions include:

- natural black sand beach frequented by dolphins
- Volcanoes National Park, where lava has been actively flowing since 1983

*Q. Is there any situation that Transformational Breathing would not be good for a person's health? A young man found me on the internet. I have been asking him questions on the phone. He says that his body is in a chronic state due to lack of nutrition, oxygen and exercise. He practices "Boutako" (shallow type of breathing) 3 times a day. Which he says has kept him alive, but he is aware that it keeps emotions and trauma locked in. His muscles can't take the pressure of deep breathing and that deep breathing brings up symptoms of weakness and palpitations which means he feels unwell for 2-3 days and must take more Cortisone. Any information you have would be greatly appreciated.*

*-Beccy Humphrey  
[ed. Beccy is in Israel]*

**A.** Your letter confirms my experience with the Boutako (or Buteyko) breathing process that essentially tries to heal the symptoms of asthma by having folks breath shallow and slow. That helps relax the muscles that control the pattern, but do not really integrate any of the mental emotional aspects of that condition, and do not really give the breather the oxygen needed.

I suggest this person read "Breath Deep" and get the 100 breath CD and see how it affects him and then to have a session or come to one of our programs as soon as he could. TB will change his life.

Love and Hugs, Judith

*Q. Judith,  
I'm curious about why I experience tetany in my hands and arms while breathing. Medical dictionaries state*

- lava tube cave
- tidal pools for splashing and snorkeling
- natural steam baths
- bays for fishing and kayaking
- spectacular waterfalls
- an ancient forest of lava tree molds
- historic villages and farmers' markets
- botanical gardens, and anthurium and orchid farms

Kalani enjoys Hawaii's ideal climate: light ocean breezes, sunny days, pleasant year-round temperatures (65-85°F) and occasional tropical showers.

This very special Transformational Breath seminar is scheduled for March 26<sup>th</sup> through the 31<sup>st</sup>, 2006. Please sign up early as we have a limited number of accommodations.

What an amazing opportunity to transform your life through breath and living foods.

Please contact Jessica Leaf at (760) 724-6006 to register or more information.

Aloha!

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## **TBF NEWS BRIEFS**

*by Judith Kravitz*

### **Children's Shelter In San Diego**

A TB Children's Workshop was part of the graduating Level IV class in San Diego in September attended by 12 children, ages 5-12, from a local shelter and several more from the local community. Local facilitators expressed an interest in continuing to work with the children from the shelter. Part of the motivation for this was the heart-warming and powerful results from the breathing that were experienced by the children and staff of the shelter. This project will be headed by Jessica Leaf of Bonsall and will be funded by TBF. Jessica and a group of local facilitators will go to the shelter bi-weekly and work with three different age groups of children. It was touching beyond to witness the changes in these homeless children and their attitude in just one group session. At the end of the session the children who came in quite bewildered, left after drawing pictures of angels, dancing Kundalini and giving lots of hugs and smiles. Information forms will be taken to gather research to measure changes that the children experience over the series of breathing sessions. This will hopefully provide a model that could be used at any shelter or school. Anyone wanting to assist in facilitating at the shelter or help with this project contact Jessica (760) 724-6006 or Judith (603) 284-9291.

### **Scholarship Funds Established**

TBF has set up a scholarship fund for students who want to be educated in TB and do not have the funds to do so. These funds are generated through your donations for these purposes. So far over \$4,000 have been raised and given this year to assist with tuitions for TB programs. We

that tetany is due to hypocalcemia (low cellular calcium). Does this mean that breathing magnifies this condition within me, as I don't experience the spasms at any other time? And why just in my hands and arms and not other body parts? Yesterday, I had a fairly extreme case of tetany while just doing 100 breaths! Although my 100 breaths only lasted 5 minutes, the tetany took about 10 - 15 minutes to dissipate afterward! Painful. Do you have any more info on this? I guess my next step is to increase my calcium intake to see if that makes a difference.

Thanks,  
Sheila Colwell

A. Dear Shelia,

Hi there, We have a different perspective of tetany than the current medical explanation. We see tetany as part of a fear response pattern that begins to clear while doing the connected breathing. If one can fully relax on the exhale with a clear letting go that will assist in that pattern integrating more easily. Eventually everyone who has ever gotten tetany in sessions do not get it any more if they are able to breath or tone through it. One of the keys is just accepting it as something interesting passing through as opposed to something negative to get rid of. In our way of working with it we see it as a layer of fear and tension that is in the process of integrating. If it ever gets uncomfortable we encourage folks to tone and that usually releases it and the discomfort. I would be interested to hear if the calcium has any effects for you. I know that with good coaching you will get to the other side quickly.

Breathing in Love, Judith

are very grateful to be able to offer this assistance to folks knowing that they will make a difference in others lives as a result. We thank the folks whose generous donations made these scholarships possible.

### **Breathing Center in San Diego**

There is a powerful vision of creating a TB Breath Center in San Diego in the very near future. Fifteen Facilitators at the San Diego Seminar in September held the vision of a perfect Center in their creative meditation one morning. There are now some miraculous developments as a result of those and other efforts in this direction. It is very exciting to picture a TB headquarters where groups could gather and enjoy the gifts we have to share. If you feel inspired to participate in this vision contact Kerry Smith at [ttbeach@msn.com](mailto:ttbeach@msn.com) who has been guided to help bring this beautiful center into being in this world.

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

#### **Calling All Facilitators**

Empower yourself as a professional Transformational Breath Facilitator. Join Joost Maijvis and Jessica Leaf January 6 – 8, 2006 in Oceanside, California for a powerful, loving and fun-filled weekend. This is a wonderful opportunity to grow and practice TB session skills in small groups of facilitators while being supported and coached by experienced TB staff. Enliven and enhance your coaching skills and learn how to build a flourishing practice as a TB facilitator. Open a clear connection with your intuition for receiving guidance in a TB session and learn more about the sacred healing of sound and expression. Come share each others experience and bathe in the love, joy and power of being a breath family. For more information and to register, contact Jessica at 760-724-6006 or [jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net).

-Jessica

#### **Use Your Writing Skills**

And exercise your creativity and expression. 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.

In addition to writing for the Newsletter, those of you who like to turn a good phrase can compose articles for **Magazines** and **Newspapers**. I think everyone in the US and Canada at least must have one or more Holistic or Healing publications in your area. You may even advertise in them. This is another chance to create awareness about what we do and another way to further networking in the healing community.

-Steve



**Q. Hi Judy,**

*I know a woman who was struck by lightning about 10 years ago (she's 40 now). She has seizures as a result and I am reluctant to do breathwork with her, but she's definitely interested. She says her seizures can sometimes be so mild that no one else notices them, but she does internally. I've asked her for any diagnosis names, but figure that's fairly much immaterial to what you/we do, anyway. Do you feel it would be safe enough to start her out with a 5 minute session at the very least?*

*Corinne*

**A.** Dear Corinne, Hi there, I did a program a while back with someone who had been struck with lightning not once but twice. The breathing was very good for her because since the lightning experience she felt very split and the breathing make her feel unified and whole again. I do not see any problems in giving this gal a full session. Trust your intuition. It will certainly balance out any electromagnetic imbalances. Let us know how it goes.  
Love and Hugs, Judi

**Q. Dear Judith,**

*I've got a question from one of the facilitators about sleep apnea. What could happen during a session, and can sessions help solve this problem?*

*Love and hugs,  
Jolanda*

**A.** TB is very good for sleep apnea as it is really the Unconscious Death / Source Urge integrating. When folks leave their body and stop breathing they are responding to the desire to leave their

### **Web Networking.**

Some of you have a Web presence but have not responded to Judith's request to Link Websites together. I know there are many more TB websites than those who have contacted me. So far, only two Facilitators have actually completed a reciprocal link with Breath Dynamics. Honestly, I don't understand the low response. There's no downside to this arrangement. It's easy, painless and it helps us all. So, if you need technical advice, just contact Steve.

Again, here's What to do: If you have a website, please ask for a **reciprocal-link** with other Trainers and Facilitators who have a website.

- 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) Then 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.

One additional hint: Explore the websites of local healers and ask them for a reciprocal link if you believe their work is complimentary and honestly can support what they offer. There's no reason for us to exist on our own little electronic island.

Thanks!

-Steve

### **Website Offer.**

If any active Trainer or Facilitator truly wants a web presence but doesn't know how to go about it, contact **Steve** at [info@breath-dynamics.com](mailto:info@breath-dynamics.com). To help out our joint Mission, I will -- For **FREE** -- support 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, healing background and so on. Breath Dynamics exists as a Breathing Co-operative, so be part of it if you need a website -- **Use Breath Dynamics as Your Web Presence!** One person has taken me up on this, but I will gladly take some more.

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

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***REGIONAL EVENTS and NEWS***



bodies. When they are able to leave in a session this helps integrate that desire and eventually eliminate it. Drugs will not really resolve that condition as it is an unfulfilled desire trying to complete. Encourage your client to breathe. Love and Hugs, Judi

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### ***Testimonials and Experiences***

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)

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Hello!

How are you? I miss you all... Things have been really running fast in my life and about the breathwork since I came. You wont believe this! I already gave more than 50 sessions since I came back here! It is amazing... After I returned I made a choice, I wont be using any other healing method and will be concentrating on breathwork only, because I am so in love with it! ... And yes it is true! I have never been so in love with anything else!

So... I canceled all my yoga therapy sessions and told people that from now on I will only be giving TB sessions and am willing to give introductory sessions. And now I have at least 3, sometimes 5 sessions a day! The more I give, the more I want to.. :)

And working with all these people has helped me with my work a lot. I have been writing all down and can now tell many things about people and their lives just by looking at their breath. I got so

Note to Facilitators: Let **Steve** know what you're up to -- generally or specifically -- and Share your Local / Regional News with us all. We can expand this section without it being simply a directory. Let's Participate!

**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 770.785.7051 or 609.284.1400.

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

**Susan "Sumac" Grant-Johnson**. Breathing events in Maine. Contact her at:

207.789.5127, [Info@accessingserenitywithsumac.com](mailto:Info@accessingserenitywithsumac.com)

or [www.accessingserenitywithsumac.com](http://www.accessingserenitywithsumac.com)

**Roberta Scaglione**. Her company Divine Breath offers Breathing events in and around Connecticut. Contact her at 203.494.2656, [cosmicparty2012@comcast.net](mailto:cosmicparty2012@comcast.net).

Visit [www.DivineBreath.com](http://www.DivineBreath.com)

**Dave Merrill and Tracey Stover**. Bringing TB out there in Washington State and the northwest US. Contact them at: 206.463.1490, [breathnorthwest@hotmail.com](mailto:breathnorthwest@hotmail.com),

[www.BreathNorthwest.com](http://www.BreathNorthwest.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 and occasionally in Great Britain. Visit his website at: <http://www.breath-works.com>

**Rox Lindbert**. Contact her at the Foundation (603.284.9291) or [roxlindbert@aol.com](mailto:roxlindbert@aol.com) for Breathing in New Hampshire and Massachusetts.

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## **TB AROUND THE WORLD**

*by Judith Kravitz*

### **TB Outreaches to Children's Shelter -- Africa and Beyond**

There are a number of ways that the TB Foundation is reaching out into the global community to share the powerful benefits of our process with those interested and not able to fund their learning and experiences in Transformational Breath. We are putting our efforts and resources in a number of worthwhile endeavors around the world. For any of those who have chosen to tithes or give to TBF, these are some of the places where those loving donations have been

used to just living my life with the breath nothing amazes me anymore... I wish something, it comes true, in less than a week.. I give, so I get... Oh such a big love!

Joost is still here with me ... Now we are planning a TB workshop in April and to open a TB center soon...

My ex-husband has also started taking breath sessions from me, which amazed everyone because he is a businessman, full of ego, never interested in what I do and even was blaming yoga and meditation for our divorce now takes sessions from me every week! I am both amazed and not amazed. My ex, my parents, my friends now are all in track, just eager to share everything I do.. (I am in heaven! :))

So my beloved inspiration, thanks for all you bring to our planet.

With all my heart and gratefulness..

Thank you  
Nevsah

[ed. Nevsah is in Turkey]

Hi everybody!

Something really funny happened to me this morning, which I want to share with you all:

The Breath hasn't come easy to me, no matter how easy Judith makes it sound on the CD. Mucus, coughs, resistance, even now when I start doing the 100 breaths the first 20 or 30 are still somewhat tense.

This morning I asked every higher power I could think of for help in opening up my breath and body to what Judith so aptly calls "my good" before starting breathing, and then I began very hesitantly, first concentrating on the "connectedness" and then gradually venturing into breathing fuller and

targeted.

### Facilitators Training In Kenya

Plans are underway for the first Facilitator training (Level IV) in Kenya, Africa, scheduled July 2006. Judith will fly to Kenya with Marco and Jacquelin De Jager to Mombassa to train one dozen committed natives who have already been trained in NLP and taken the TB Seminar this past July. The average monthly wages in Kenya at this time are about 20 euros. Tuition for the courses are 1 euro. The students are very committed and enthusiastic and realize the potential of sharing TB with the people of their country. In working with this group for the past several years the De Jagers have noticed how dedicated and committed they are to not only their own process but to their ability to take TB out into their communities and make such a difference in people's lives. TB Foundation will be contributing over \$7000 toward this program in traveling and other costs associated with it. We welcome anyone's support in what ever way you might choose to be a part of this wonderful Project. Contact TBF for more information in offering your support.

### Seminar In Muslim Country

The first TB Seminar in a predominantly Muslim country, Turkey, is scheduled for April 2006. Judith will be leading the Seminar with trainer Joost Malvis from Holland and Nevsah Fidan of Turkey. Nevsah who lives in Turkey, has been teaching yoga there and is now wanting to share TB with all her clients and friends. She has been assisting Joost give TB workshops to many enthusiastic Turkish breathers. Facilitator Nesrin Kilic from New Jersey will come and assist the others in April, she is originally from Turkey. Judith feels it is especially important to establish TB in countries where women and their rights have been so suppressed and discouraged and provide models for female leadership and empowerment. If you are interested in coming to Turkey to facilitate or want to support this program in any way please contact TBF and share your interests.

## TRAINING SCHEDULE -- U.S. & INTERNATIONAL

Current 2005 and 2006 entries

### *Register for Training*

**Training Registration**, 3 ways to sign-up:

- 1- call the **Contact** listed with the desired Training above.
- 2- call **Rox** at the Foundation at: 603.284.9291
- 3- Register **Online** at: <http://www.breathe2000.com/>

**Contact**

**Location**

**Dates (2005)**

**Level(s)**

deeper. Somewhere along the way I became aware of something funny going on: I knew I had counted beyond 80 a long time ago, and yet, 100 was nowhere in sight. So I checked my counting and noticed that every time I went beyond 89, I looped back to 80, 81 etc. This happened absolutely automatically. Inwardly I started laughing when I noticed it happening three and four times in a row, and then I just allowed it to be as it was. Apparently, 89 just had to loop into 80, there was no other way about it ! I have no idea how long this went on, but somehow or another I did reach 100 eventually, and by that time my body was in such a wonderful vibration, that life, love and spirit (in that order), just flowed right into me: life into my belly, love into my heart, and spirit into my upper body. To top it all, the three of them struck up a dance together, and that was really an amazing high. TB just doesn't cease to amaze me!

A warm Breath Hug,  
Inge

<a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>	Gubbio, Italy	October 11-16	Seminar - with Judith
Marcia Bailey, Julie Wolcott <a href="mailto:mbailey@tm.net">mbailey@tm.net</a>	Ann Arbor, Michigan	October 21-23	RYP (Reclaim Your Breath)
Dave & Tracey 206-463-1490 <a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a> or <a href="mailto:solielles33@hotmail.com">solielles33@hotmail.com</a>	Leavenworth, Washington	October 21-23	Seminar - Part 2 (Part 1 began Sep 30)
Jessica 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	San Clemente, CA	October 22-23	RYP (Reclaim Your Breath)
TBF 603.284.9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Cabo, Mexico	October 29 - November 4	V - with Judith
Jolanda 0031 (0)6 121 37 866. <a href="mailto:jwillems.11@home.nl">jwillems.11@home.nl</a>	Holland	November 20-25	Seminar - with Judith
Ange 01629 824023 <a href="mailto:ange@breathangel.fsnet.co.uk">ange@breathangel.fsnet.co.uk</a>	UK	November 28 - December 2	IV (Part 2) - with Judith
<a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>	Gubbio, Italy	December 5-9	IV (Part 1) - with Judith
<b>Contact</b>	<b>Location</b>	<b>Dates (2006)</b>	<b>Level(s)</b>
TBF 603 284 9291 <a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>	Cabo Mexico	January 16-21	Seminar - with Judith
Jessica 760.724.6006 <a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>	Cabo Mexico	January 24-28	IV (Part 1) - with Judith
<a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>	Gubbio, Italy	February 20-24	IV (Part 2) - with Judith
Nicole	Belgium	February 27 -	Seminar - with Judith

(011) 32(0)2582 29 00  
[derveaux.nicole@busmail.net](mailto:derveaux.nicole@busmail.net)

March 4

Jessica  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

Oceanside , CA

March 13-17

IV (Part 2) - with Judith

Jessica  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

Hawaii

March 26-31

Seminar - with Judith  
"Raw Food"

TBF  
603 284 9291  
[Breathinfo@aol.com](mailto:Breathinfo@aol.com)

Rowe, MA

April 7-9

Seminar - with Judith





Peace and Joy,



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