

# TBF E-News

VOLUME 2, NUMBER 3

SUMMER 2006

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

## NOTICE:

**TBF Office has  
moved.**  
see page 3

## Q & A

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

If you're a Client, Breath  
Professional or just  
interested in  
Transformational Breathing,  
we'll reply here to your  
query. Thanks!

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## Personal Message from Judith



The past two months have been filled with many gifts, tests and challenges for me and my family. It was a time I would describe for me as going to the edge of my safe world and falling off into a period of chaos and change. I knew from the number of calls I received from friends and colleagues who were also having their deepest challenges that this is indeed a time of huge purging and clearing. Never had I ever felt so much going on and pushed to my absolute limit. It was almost like someone had turned up the flames of purification and some of us were bubbling away in the boiling pot.

One of the major factors in my life was the near fatal auto accident of my 21 year old son Sol, who has been a TB Facilitator since he was 18. He experienced a very serious brain injury and was in a coma for five weeks. This occurrence

shifted my life to spending most of my time in the ICU unit of the hospital and living in that environment for almost two months.

It was a time to surrender many things and deal with and not deal with other important things going on simultaneously. At the same time in the same hospital my four year old grandson Colin continued his Chemo and a surgery to remove a very aggressive and rare form of cancer and five of his ribs.

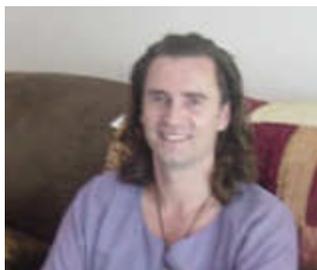
In the midst of these major medical occurrences, it was time to move my residence and the TB office from our headquarters for the past 10 years. It was all overwhelming and yet for the most part the love and smiles were able to pervade and my Spiritual reality prevail. I have realized that the times of chaos preceding the thousand

*(Continued on page 2)*

## Facilitator Spotlight

*by Judith Kravitz*

This issue we profile **Joost Majjvis** from Holland. First, a little background on Joost:



Joost comes from the east of Holland, moving to Amsterdam at 19. Planning to study economics, he was fortunately diverted, joining the new wave of House Music, which he says created a solid foundation for a free life. In 1997 he followed the first self devel-

opment courses in meditation, NLP and NEI. I met Joost around 2000 in Switzerland during his introduction to TB – around the time he became a scuba dive master.

In his own words:

"In 2002 I left Amsterdam to go around and to become a Scuba Dive Instructor wanting to integrate NLP and TB with Scuba Diving. Of course all things went in a different way and I came back after 7 months, having traveled through Thailand, New Zealand and India. Returning in Holland, with no backup I started to create a life situation

*(Continued on page 2)*

## Spotlight ... continued

based on two things: simple and cheap. For over 7 months I worked in gardens and helped renovating houses. It was a great experience as I realized I could live and have fun with only 300 Euro. I started to continue my education in assisting the seminars and bit my bit grew up with out getting old. TB became more and more the ultimate vehicle of my expression and now I'm fully active as a TB Facilitator and Trainer. I'm most active this time in Turkey and will start playing in South Africa. Time will show what is ahead, but I bet it will be breath connected.

Joost is reachable by email at: [enteryourcenter@gmail.com](mailto:enteryourcenter@gmail.com).

### **Q. What is it about TB that you love and makes you so committed to sharing it?**

**A.** First of all I feel the love for TB in my being, it has been growing me home since the first week in Switzerland where, I met Judy and TB in the seminar. There have been more things in my life that played a role in my growth and transformation, but nothing stuck to me, suited me, as with the TB process. I L-O-V-E the breath, and the way it unravels that which is true, just by starting a breath and letting it go. For me TB has captured the whole spectrum of the stages and is open to grow and to stay open to the new stuff in the world. Being an active facilitator I have seen amazing results for people happen by "only" opening their breath. It's clear as crystal for me that every body (literally; all bodies) need to remember their natural way of breathing. So, I'm committed to express my being fully and connect my awareness all around the world and I willing to take care of what I love.

### **Q. How do you see your role in spreading TB in the world?**

**A.** I have been drawn out of The Netherlands into Turkey and will also be visiting South Africa in September. So it seems that this is what is my role, I will move with the wind, touching new ground for TB to be picked up and sprouted. At this stage of my life there is not much that keeps me grounded, but I do feel that by meeting all the loving souls in this process, it becomes harder to move on. So let's see if someone else takes over the baton in this spinning spiral of life.

### **Q. What would you say and ask a new TB Facilitator?**

**A.** I would ask, "Do you feel you're whole, and self sufficient as a professional TB facilitator, to put yourself out in the world and express TB in a confident, relaxed and joyful way? If the answer would be NO, I would suggest to keep participating assisting seminar's and even to experience the seminar as a participant again. The TBF is developing a new part in the Facilitator course that has its mission to supply even more of the good stuff to be embodied as a Certified TB Facilitator and to make a successful career as TB agent possible. If the answer would be yes, I would book a session, right away!

### **Q. You have been instrumental in bringing coaching prin-**

### **ciples and techniques to TB, what is the importance of coaching in facilitating TB?**

**A.** For me coaching and to be a coach is what makes the client, the session and the process more whole, simple and connected, so that I as a facilitator can serve my client the utmost transformation of the unfolding of their being.

### **Q. What is your personal and planetary vision for TB?**

**A.** Probably my personal and planetary vision for TB are one and the same. To align all that works into a powerful, joyful and loving vehicle for all human beings, to transform to a "higher state of life" with themselves and everything that breaths and remember who we are, so we can start working together building our creation and celebration on earth as it lives high up in the skies.



## Personal Message ... continued

years of peace that have been predicted, will not for some of us be on the TV or newspapers, but in our lives and faces. That we will need to hold on to ourselves and our truths while our lives seemingly fall apart and get significantly restructured. To keep our faith and loving center during these times are the utmost challenge and yet so important. We do have help, we have great tools, we do have to learn how to let go fully and trust and see this world and our dances here for what they are. Both Sol and Colin are improving each day ... the move happened in a unique and extended way and TB and the Breath Family are sweeter than ever! My heart and love go out to all who are in the midst of taking that next giant step in this journey of love and purification for ourselves and the planet.

Breath Hugs,

-Judith



### NEW TBF HEADQUARTERS

The Transformational Breath Foundation  
has a brand new home for the office headquarters!  
Our phone, fax and mailing address have changed:

P.O. Box 248

Tilton, NH 03276

603-286-8333 (office)

603-286-8118 (fax)

Our website remains: [www.breathe2000.com](http://www.breathe2000.com)



## Information for Facilitators / Trainers

### NEW BREATHING OPPORTUNITY

This year we have initiated a new opening for TB Facilitators to repeat the Personal Seminar for a fraction of the tuition cost. There are a number of facilitators who from time to time need a breathing boost or are ready to take the next big leap in consciousness, or feel tired or stuck.

The Personal Transformation Seminar supports them greatly accomplishing those objectives. This year about a dozen certified facilitators and trainers did just that, repeat the Seminar fully as participants.

They were able to attend for half the tuition price. In each new Seminar there are now a few repeat slots available. Is this is a gift you feel you need and want to give yourself? The following are some quotes from the folks who did:

"It was luxurious to have 12 facilitated breathing sessions, and to remember how essential it is to nurture ourselves with the breath."

*-Jessica Leaf, Senior Trainer, San Diego, CA*

"I enjoyed it, it gave me a chance to feel high and float. I am also inspired to go and breathe people."

*-Nesrin Kilic, Facilitator, Puerto Vallarta, Mexico*

"I went much deeper than before. I was really able to surrender."

*-Louise Kripalani, Trainer, Carlsbad, CA*

"It was an amazing experience. I cleared at another whole level of my being."

*-Peggy Misra, Co Trainer, Los Angeles, CA*

"I reconnected to Spirit. It was great!"

*-Cynthia Liddell, Facilitator, Baja, Mexico*

### NEW EDITION, "BREATHE DEEP, LAUGH LOUDLY"

Grand News! We have all succeeded in spreading Transformational Breathing, so that we are now preparing for the third edition of "Breathe Deep, Laugh Loudly".

All Certified Facilitators are eligible to be listed in the back of the book if they are active in responding to calls for private sessions.

Due to space limitations, each Certified Facilitator can post one listing: with one name; one choice of professional initials such as MD or LMT; one choice of location such as a specific town & state or a general location such as S. CA, (not both), and one country; one phone number; and one email address. You can provide all your other contact information or qualifications once you connect with them.

The reason that we only ask for Certified Facilitators who are active, is that some people who are new to Transformational Breathing get discouraged when no one calls them back, or calls back and says that they are unavailable. They do not often continue down the list.

If you are interested, send an email to Rox at [roxlindbert@aol.com](mailto:roxlindbert@aol.com) with your desired listing, you need to include everything, as other people will be working with compiling the listings.

### COACHING in LEVEL IV TRAINING

Dearest TB Facilitators,

I am very excited to invite you to a special "test" launching of the new "Coaching" aspect of Level IV (TB Professional Facilitator Training). This new coaching part will be the essence of the 3<sup>rd</sup> week of Level IV that will be implemented beginning 2007.

For the past several years client coaching has become increasingly important in our job as TB facilitators. This new week of coaching will give us more awareness, understanding and skills as life coaches.

This past year we have been blessed to have the loving support of Facilitator / Trainers Robert Winn and Joost Maijvis to help organize and create this powerful addition to Level IV Training. Both are trained in coaching and actively practicing it in their work. I know the tool of coaching adds greatly to the wonderful work we are already sharing.

Existing Facilitators will be able to take the coaching program next year for the cost of \$1250 to become current with the TB curriculum. We are offering it to you, as a committed practicing facilitator for no charge, so that we may experience the coaching course for the first time with experienced facilitators and receive feedback from you as well.

You would be responsible for your own room and board, and a small amount to cover the meeting room and material costs (approx \$300 ).

We see this as a great opportunity for you and a way for us to supporting you in this all important work we share.

The dates for the three full day Coaching and Breathing program are the January 26-28, 2007.

We are wanting to keep the enrollment in this Beta class to 18. The first 18 practicing facilitators to register will be accepted. We are so excited and thankful to have this great addition to our Facilitator Training Program.

-Judith ♥



### TB and TV? ... Update.

Alan Dolan, a British facilitator, based in Spain, is still pursuing his treatment for a TV show. He reports that "September seems to be the time when the TV project will move forward." ♥

## Q&A

### Can we Breathe too much?

**Q.** Hi, From Housatonic MA.

I have recently read a book called "Breathing Free" by Teresa Hale from the Hale clinic. This book brings to our attention that breathing too much is actually really bad and actually deprives our body from oxygen. Sincerely, Richard Bourdon

**A.** Dear Richard,

This is not the first time that someone has tried to get us to breathe less and yet it just doesn't ring true to my experience. The body needs oxygen as one of its main components to flourish and survive. Breathing more and more openly gives the body more energy and life force to function with.

It also creates a healthier cellular state. I do not understand the concept where breathing deprives our body of oxygen. Yes, if one were blowing or emphasizing the exhale then that might decrease the quality of oxygen we were getting. But since we guard against that kind of breathing pattern in TB, I am sure in our sessions we are giving our body exactly the oxygen it requires.

-Judith.

### So many Asthma questions...

**Q.** Judith,

I have a client with Asthma. I'm starting a cycle of 5 sessions with her. From what I remember, they don't "release completely the air"; "there is not enough" and they don't release the air, so they cannot inhale. So I would focus on relaxing and exhaling -- let go, there is abundance, there is enough, I let it go, and let the good come in my life - and then inhaling. Let me know if you have any advice, thanks for your help.

Hugs,

Massimo

**A.** Dear Massimo,

Hi there. I agree with what you have mentioned around working with asthma. It can also be a quite different way of working with TB.

First of all we are dealing with life long issues with breathing and so there are deep mental and emotional patterns associated with this condition. Folks with the symptoms of asthma have very conditioned breathing patterns that take time and patience to restructure such an old strong way of breathing.

The main malfunction is the tightening of the muscles in the "fear belt", especially on the exhale, which does not allow the air to release from the lungs, so there is not room for the new air to come in. They compensate by trying harder to breathe in more air which only aggravates the situation more and creates more tension in the solar plexus.

Propping the asthmatic up on a at least a 45 to 90 degree angle helps them relax more, feel safer and makes exhaling a bit easier. Slowing the breathing down until they are able to relax is also a good technique to instill a more relaxed breath.

Working with the affirmation "I let the breath come in and let it go out" can take away a lot of the effort. In some extreme situations I have them breath in and out through their nose.

This is a way of breathing that supports a more relaxed state. Giving them more homework to practice, 100 breaths 3 times a day, helps them retrain their breathing and let go more.

Getting "enough" i.e. air, love, attention, is certainly one of the major emotional pieces that helps to address. Use you intuition and help them create a whole new relationship to breathing.

-Judith

### Pregnancy and TB

**Q.** Hi Judith,

In your book I read about Judith Tache and her 'Nurturing Your Unborn Child' workshop, I've had several miscarriages, and would like to learn more about her program for pregnant women. I've taken a class with you and several with facilitators.

In your book I read TB is safe when pregnant, even the 45 minute exercise. I was so nervous with my last recent pregnancy (which ended in a miscarriage) I was too scared to use TB (even the 100 breath for joy) in case I oxygenated my little one.

Somebody told me breathing in too much oxygen would be very harmful when pregnant. I think your program is absolutely wonderful, it helped me tremendously in 'resolving' the pain caused by my last miscarriage. (I'm over 40).

With love,

Yanthe

**A.** Dear Yanthe,

Hi there. I am glad you have found TB beneficial in working with your letting go and past grief around the loss of your baby.

My experience and feedback from midwives, doctors and moms is that TB is a very good thing for Moms and ba-

*(Continued on page 5)*

## Facilitators Share

From **Christian** ...

Dear Breathwork Family,

I just wanted to share an amazing experience with you. I did a breathwork on my own this evening and it was one of the most intense sessions I have had.

It is now 1 am and I still can't get to sleep, so I thought I would write you all. I happen to be fasting right now on the "Master Cleanse" (lemonade diet) and this was day 8.

That probably contributed a lot to being able to get beyond the gross or heavy vibrations into the lighter more subtle ones.

From my journal:

My intention was simple: more joy and connectedness to Spirit, and man did it come through! Feeling tingly, hearing OM variations, breathing in joy and goodness tangibly, holding my breath (at the end of the session) for what felt like eternity, all this and more.

Unfortunately it is so indescribable and so like a dream now that I am out, but I also visualized myself joyously dancing childlike with my Guru. This is the relationship I want to have most with him—free, fun-loving, childlike, spontaneous, joyous. This is the relationship I want to have with EVERYONE.

I actually used the visualizing precepts from the tape I just listened

to from Mike Dooley, *Leveraging the Universe and Engaging the Magic* and they were great in actually *creating* the experience by bringing the feelings into the experience of the things I wanted to have happen—namely the joy and connectedness with Spirit in various permutations.

If you don't know who Mike Dooley is, you may remember him from *The Secret* movie we watched. I believe he was the one talking about visualizing yourself in your new car and feeling all the sensations and emotions that come with it.

At least I think that was him because he talks about the same thing on this recording I am listening to. Anyway, the material is amazingly inspirational for materializing you dreams, following the basic tenet, "Thoughts become things. So choose your thoughts wisely."

He has a website TUT.com and offers a free daily inspirational note from the Universe. He has a unique playful angle that sets him apart from your typical inspirational messages.

Anyway, hope you are all doing super-great. I love hearing from those who have written back so far.

Keep on shining, you beings of light,

xoxoxo, Christian

*(Continued on page 7)*

## Q&A ... Continued

bies alike. Bringing oxygen into the system is a positive thing and both Mom and baby need good quality and quantities of oxygen during pregnancy.

No one has ever indicated to me that breathing would harm an unborn child in any way other than if the mother had a lot of toxins in her system the breathing would cause it to "dump" a lot of the toxins right away and the baby would be subjected to some of those toxins.

The physical, mental and emotional benefits are very valuable during pregnancy, as it progresses the respiratory system is compromised by the growing baby, so the breathing that TB offers allows the system to compensate for that.

It will be good to breath on your fears and come to trust the process of life that is happening and how much a part of that is the breath and life force.

Please use the integrated breath during the labor contractions, it will help you integrate their intensity.

I know you and the baby will enjoy and benefit from your TB exercises and sessions.

Breathing in Love, Judith

### The hyperactive mind during Breath sessions

**Q.** Dear Judith;

I worked with two people this week in NYC that felt they could not quiet the "chatter" in their heads. They are both extremely bright people, Ph.D.'s, quite perfectionist with control issues. What can I do to help them quiet their minds to get a true breath experience. I felt frustrated as did the clients. Both are willing to try again, but I am leery of how the sessions will turn out. Any suggestions? I seem to be getting a lot of "high end" clients which is great. I work well with this population and enjoy them. I just feel like I am doing something wrong perhaps. PLEASE HELP.....

Thank you.

Love, Laraine

**A.** Dear Laraine,

Hi there.

I find it somewhat unusual that the mind continues in a session. I feel there are several possibilities for that. One is that they are not truly activating and so the mind is still engaged. So in that case I

*(Continued on page 6)*

## Q&A ... continued

would watch for pauses and for any muscle tightening on the exhale and work to eliminate those.

It is also possible if they are in fact truly activating that these thoughts are thought forms that are in the process of integrating and they are aware of them during that process. I tend to think the first answer is the case. I would also try to physically stimulate their breathing as much as possible with Kundalini, pounding and kicking, arm and leg compression to activate the breath even more. Let me know how this might help. Hope to see you again real soon.

Love and hugs, Judi

### More on Pregnancy

**Q.** Hi Dr. Judith,

I am doing a workshop with a participant [problematic stress pregnancy] being very pregnant. I am going to keep this one a bit low key. For future reference, what do you suggest around third trimester [troubled] pregnancies almost ready to deliver?

Also, can you think about putting a small booklet together with your picture on the front for distribution for us to hand out - - maybe with your name, book, & logos. I tell people to order your book yet it would be great to have something besides, brochures and webpage to market the breath for the foundation. Let me know what your thoughts are. And Thank you.

Your Fan & pal,

Patty Alessi

**A.** Dearest Patty,

Hi there, I am a fan of yours as well! I suggest for troubled or stress pregnancies during the last trimester to be sure she is comfortable, the best position I have found is propped up and pillows under the knees. I like to start with a slower breath, full but not necessarily connected.

I think if you keep a gentler pace the body's wisdom will take over and the system will not be over worked. I like to suggest as one of the intentions that the mom get in touch with any fears and breathe through them and also to connect with the unborn child.

The oxygen is good for mom and the baby and the breathing will definitely decrease stress emotional and physical. I would not suggest any pounding and kicking during the session, toning would not be a problem. I would also suggest affirmations of health and perfection.

I will look into putting the booklet you suggest together. Thanks for the suggestion.

-Judith

### Strokes

**Q.** Dear Judith,

I recently had a session where my client had a reaction or small seizure. I was a little alarmed and was not sure if he was having a seizure, detox or stroke. What do you think happened and do you think it is safe for him to do further sessions?

**A.** As far as your client, I had a recent situation where one of my breathers in a workshop had a "mini-stroke", with face immobility and all. Talking to her after the session, she said she felt dread of having one during the session then went thru the "appearance" of one during the session. After about 10 minutes her face returned to normal.

I was a bit concerned then I understood that Spirit is allowing folks to go thru major fears during sessions and integrate them there without having to experience them in life. This is a great gift and will only happen if we, the facilitators feel safe about it and give it the space to happen.

Your client I believe was integrating some fears about his heart or detoxing some from his drug usage as well. I believe it is fine for him to have additional sessions. I think your question might assist other facilitators in similar situations.

Big Big hugs and Love, Judi

### Out Of Body

**Q.** Hello dear Judith,

Yesterday I had a new person who came to breath. He went out of his body but the return was really spectacular for me and scary for him.

He came back very very fast, his eyes were kind of lost he couldn't even see me at first. He didn't know were he was. He was moving in a panic – yelling, saying "help"! He knows he went far away. A part of him wanted to stay there and another part wanted to come back.

I never had a such experience and I would like to know more about it - explanation - the meaning of it - why did that happen. After his came back he could breath very well in his belly.

Waiting your answer.

Big hugsssssss

Catherine

*(Continued on page 7)*

**Facilitators Share ... continued**

**Training**

**HIGHLIGHTS -- U.S. & INTERNATIONAL**

From **Ida Kendall** ...

**Sweet Breath**

Breathing so deeply, evenly, fully  
 Oxygen flooding each dry dying cell.  
 Gasping and suffocating - just in time, surely,  
 This life giving breath, cool, fresh and well.

Escaping the noise, shrillness of stress;  
 The flashing of lights and sea-sickening motion.  
 The storm gives way to gentle waves, warm healing sun  
 Ocean breezes brings air, sweet breath, sweet rest;  
 Each full, even, cool healing breath,  
 Takes me far from the deafening noise of this world.  
 My soul becomes quiet and deeply at rest,  
 My wings unfurled, my head on God's breast.  
 The noise falls away, giving birth to a song.  
 So I breathe deeply, evenly, fully;  
 Oxygen feeding each starving cell.  
 No more gasping; No more suffocating;  
 The shrillness of noise, now my own blessed song;  
 Come sweet air, sweet breath, sweet life, sweet rest.

Connie Suchomel  
 Dedicated to Ida Kendall  
 December 2005



**Register for Training**

2 Ways to Sign-up:  
 Call the Contact listed with the desired Training above.  
 Call Rox at the Foundation at: 603.286.8333



**IV (Part 1)**  
**August 21 - 25, 2006**  
**Belgium**

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

**IV (Part 2)**  
**August 30 - September 3, 2006**  
**Shutesbury, MA**

TBF  
 603-286-8333  
[Breathinfo@aol.com](mailto:Breathinfo@aol.com)

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**Q&A ... continued**

**A.** Dear Catherine,  
 Hi there.  
 My experience with that situation, which is not uncommon, is that the person has left their body and then come back into it quickly and does not know what to do (i.e. how to breathe or where they are). It could be the memory of first coming into their body at birth and feeling the panic of being in a body, not knowing how to breathe and where they are.  
 Our job is to reassure them that they can breathe and it is safe to be

in their body. It sometimes happens again in a lesser way as the pattern continues to integrates. After that they are definitely more grounded and that suppressed terror is gone.  
 I hope we can connect in person soon.  
 Always in my heart,  
 Love,  
 Judi



The Transformational Breath Foundation Newsletter is produced by:

**Dr. Judith Kravitz**  
**Transformational Breath Foundation (TBF)**

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Judith is the Founder of the TBF and continues to mold the crest of Conscious Breathing with her work around the world!

**Stephen Gooby**  
**Breath Dynamics**

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Steve is available around the Southeast United States offering Workshops and local Private sessions.

Thanks to **Rox Lindbert** and all of our contributors.

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## Newsletter Contributions

### Exercise your creativity and expression.

Certified Facilitators and Trainers are asked 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.

For ease of use and to reduce our production workload, please submit material in Arial font, point-size 10. Neat formatting, grammar and proper spelling are 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.

Another chance to create awareness about what we do and another way to further networking in the healing community.



## Trainings ... continued

### Seminar

**September 8 - 13, 2006**

**Seattle, WA**

Dave Merrill & Tracey Stover

206.463.1490

[breathnorthwest@hotmail.com](mailto:breathnorthwest@hotmail.com)

[sollielle33@hotmail.com](mailto:sollielle33@hotmail.com)

### IV (Part 2)

**September 18 - 22, 2006**

**Oceanside, CA**

Jessica Leaf

760.724.6006

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

