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TRANSFORMATIONAL BREATH

Programs

Introductory Workshop: This workshop gives an explanation of “Breath work” in general, and an overview of Transformational Breath including its origin, how it works and the benefits of it. Several volunteers are given a “Breath Analysis.” Approximately 15 minutes of Transformational Breathing and instruction in a few simple breath techniques round out this workshop. Typically the length is 2 1/2 hours and intended for individuals who have little to no experience with Transformational Breath work. The fee is \$25.00 per person.

Joy Breath Workshop: The workshop begins with a brief overview of the technique and is followed by a full Transformational Breath session lasting one hour. The workshop ends with feedback from the participants on their experience. Each Joy Breath workshop has a specific intention (i.e. experience more joy in ones life, experience more prosperity, etc.). This workshop is typically 2 hours long, and is designed for individuals who are already familiar with Transformational Breath. The fee is \$35.00 per person.

If you or your group have had knowledge or experience with breath, we recommend the following:

An Intensive Joy Breath Workshop: combining components of both workshops. This includes the following: An overview of Transformational Breath; a demonstration of Breath Analysis; 15 minutes of facilitated breathing prior to the breath session to identify individual breathing patterns and to insure everyone’s understanding of the technique; a full Transformational Breath session with feedback from the participants on their experience. This workshop runs approximately three hours. The fee is \$50.00 per person.

The facility used must be large enough to enable all the participants to lie down comfortably with pathways for the facilitators to access everyone. Participants should bring mats/blankets/pillows and wear clothing that is loose and comfortable.