

“The Breath is our most Simple, yet Powerful tool for Joyful Healing and Passionate Living!”

--Dr. Judith Kravitz, “*Breathe Deep, Laugh Loudly*”

HEALING ARTS PRACTITIONERS ...

Do we give too much of ourselves? Sacrifice too much for others? Do we attempt to help others heal but neglect our own healing needs? Transformational Breathing can address our need for Self-Healing, so that we may better care for ourselves in order to better help others.

YOGA TEACHERS And STUDENTS ...

From your Pranayama practice, you know the value of Conscious Breathing. Are you prepared to step onto the Fast-Track to Healing and Higher Vibration? Called “The Yogic Breath of Integration”, Transformational Breathing is a modern extension of classical Pranayama and a vehicle to True Healing.

EVERYONE ...

Needs to Breathe! Can we not all benefit from Transformational Breathing? As we continuously seek new avenues to Health, Longevity, Peace and Prosperity, we usually overlook the most important thing we can do for ourselves: BREATHE! And through conscious, healthy breathing, we gain the ability to respond creatively to anything that may arise in our lives and our world without the need for denial or panic.

TRANSFORMATIONAL BREATHING™

BREATH DYNAMICS

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WORKSHOPS and PRIVATE SESSIONS AVAILABLE

**“Heal the Physical, Clear the Emotional, Access the Spiritual Self.
Experience this Cutting Edge, Permanent, Self-Healing System.
Develop Greater Breath Awareness, Understand the Power of the Breath and
Discover why it is the Key to True Healing ...”**