

ACCESS THE MOST POWERFUL HEALING TOOL YOU HAVE

Transformational Breath® Seminar

11-16 JULY, 2020

HOTEL BALANCE, VALAIS, SWITZERLAND

The Transformational Breath® Seminar (Levels I,II,III) is the Transformational Breath® Foundation's official personal level training program.

www.transformationalbreath.com

 Breath&Light



Transformational Breath
Foundation

Transformational Breath® Seminar

Join us for a six-day residential Transformational Breath® Seminar to learn this empowering breathing technique, and how it can help you live a healthier and connected life.

Breathing is so easy to take for granted. It's something we do without a thought. Yet it is so much more. Think of when you're upset, tired or anxious: your breathing changes. You sigh, yawn, breathe faster, hold your breath or gasp for air. Our breathing is integral to our experience of life.

By opening your breathing you can change that experience. You can improve your physical, mental and emotional health and support your body's natural healing abilities. Your own breath can become your own infinite source of wellbeing, peace, and joy.

Transformational Breath® is a natural, safe, easy-to-learn technique that enables you to expand your breathing. This highly efficient and effective technique works on all aspects of our well-being and allows our own inner healing resources to be restored and utilised. It increases physical vitality, resolves trauma and stress, brings balance, inner peace and joy into our lives. Once you know how to do it, you can practice it on your own.

THE SEMINAR:

The intention of this flagship course of the Transformational Breath® Foundation is to create powerful and permanent personal transformation in a relatively short period. You will not only be learning how to master your own breath but how to master your life through a variety of powerful modalities. The carefully designed seminar is packed with numerous ways of working with Transformational Breath® so that, post-program, it becomes an important part of your life on a daily basis. The seminar includes two to three guided breath sessions each day, as well as breathing analysis, body mapping, sound healing, and rituals and exercises that incorporate judgment resolution, forgiveness, gratitude, healing, and more.

THE VENUE:

The seminar takes place in the beautiful Hotel Balance, located in a tiny old village, in the breath-taking Swiss mountains. A popular venue for spiritual retreats and well-being courses, the hotel serves delicious, 100% organic, vegetarian (or vegan) meals. It is an ideal setting to nourish your soul.

LANGUAGES:

The seminar will be presented in English. Translation into other languages is possible on request.

THE SEMINAR TRAINERS:

EUGENIA ALTAMIRA

Eugenia is a kind and warm teacher with powerful coaching skills. Her ability to connect with people and guide them in their path of growth has changed many lives. She was a tenured professor and researcher at Universidad Latina de America for eight years, has a degree in Psychology and practiced for several years in her native Mexico. Her need to find more effective and powerful techniques to help others create the life they desire, brought her to Transformational Breath®. Eugenia has traveled the world teaching and sharing this life changing technique, on her own and with her mentor Judith Kravitz, the creator of the Transformational Breath® technique and Founder of the Transformational Breath® Foundation (TBF). She is currently the Curriculum Coordinator for TBF and Regional Liaison for Latin America. She is an international Senior Trainer for the TBF teaching in Europe, Middle East, USA and Latin America. She shares her time between her two passions; Her family and Breathwork.

ALEV GURZUMAR

Certified Transformational Breath® Trainer Alev is the Transformational Breath® Foundation's National Leader for Switzerland. She gives private and group sessions and leads training and workshops. Her mission is to inspire and empower others on their journey of self-realization, with the guidance and wisdom of their own breath. She is also a Shamanic Practitioner and Reiki Master Teacher.

Eugenia and Alev will create an environment of unconditional acceptance and with a team of facilitators, you will be fully and warmly supported.

WHEN:

16:00 on Saturday, 11 July 2020
to 14:00 on Thursday, 16 July 2020

WHERE:

Hotel Balance
Rue du Dailley, 3
CH-1922, Les Granges,
Switzerland
www.hotel-balance.ch

PRICE:

The Seminar Tuition Fee: CHF 1300.-
Early bird: CHF 1170- (before April 11, 2020)
Full board accommodation.
Single rooms: CHF 810.- to CHF 920.-
Shared double room: CHF 660.- to CHF 760.-

INFORMATION AND REGISTRATION:

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