



Dr. Judith Kravitz: The Importance Of Integrative Breathwork - Healing On All Levels



Dr. Judith Kravitz is a Breathwork pioneer who developed Transformational Breath®, an Integrative Breathwork technique 45 years ago. Since then, she has shared that process with hundreds and thousands of people across 55+ countries in training and master classes at The Deepak Chopra Center and The Global Inspiration Conference for example. Discover Integrative Breathwork with the Director of the Transformational Breath Foundation, and learn about its powerful potential.

TOP EMBODIMENT TIP: Practice conscious, healthy breathing everyday – make it a priority.

Why: It is important to value conscious and healthy breathing, and practice it everyday

- 70% of our energy comes from our breath. Healthy breathing strengthens our immune system and activates the body's ability to heal itself. Even five minutes of conscious, healthy breathing everyday creates incredible internal changes that affect our lives.
- With exhaling, we release toxins from our body. Suppressed feeling patterns, which keep us from being present, get resolved.
- Most people actually only get between 25 and 30% of their actual (air) capacity.

How: Integrative breathwork is a game changer that facilitates healing on all levels

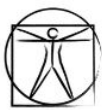
- Health: everyday practice of Integrative Breathwork strengthens our respiratory system e.g. the muscles and the capacity to oxygenate cells in our body.
- Holistic: If the breath is open and flows fully, physical, emotional, mental, spiritual aspects come into balance.
- Growth: Integrative Breathwork brings change effortlessly with ease.
- Life quality: We are able to experience deeper states of emotional well being, more love, peace and joy.
- Intuition: Integrative Breathwork gives us access to our higher self and higher guidance from within.
- Inner Peace: With practice, we see the perfection of each person and life itself.

What: Journey to bring the benefits of Breathwork into our life

- Start: Discover how you breathe in the practice offered at this session (you can go deeper in the [Breath Discovery Camp](#), more details below).
- Posture: Make your breathing open and effective.
- Muscles: Learn how to use the correct muscles when you inhale, and how to let go and fully relax while exhaling.
- Voice: In addition to Transformational Breath®, use your voice and sound to ground yourself.
- Gift: Train everyday. Download the CD “What is Transformational Breath” (link and instructions below).

Resources

- ❖ **Books:** [Breathe Deep, Laugh Loudly](#) (translated into eight languages)
- ❖ **Courses:** [What is Transformational Breath](#) (CD; free download until 31 Oct with the code **ECFREE100**), [Importance of Integrative Breathing](#), [Breath Discovery Camp](#) (for beginners)
- ❖ **Website:** www.transformationalbreath.com
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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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