The Standardized Transformational Breath® Introductory Workshop

An Introduction to Transformational Breath and Experiential Breath session

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Abstract

Transformational Breath® (TBr) is a self-empowering healing practice that increases oxygenation and supports the body's natural healing ability, as well as has positive mental, emotional and spiritual benefits. The Transformational Breath Foundation (TBF) was developed by Dr. Judith Kravitz. In the mid-1970, while pursuing a doctorate in metaphysical studies, she was inspired by a personal experience of spontaneous remission and self-healing of a malignant tumor on her neck. Since then, she has continued to develop and expand upon the Transformational Breath® process.

Today, TBr is taught and experienced worldwide through structured personal level training and professional certification programs. A variety of six weekend introductory training programs allow one to learn about the three levels of Transformational Breath® and experience multiple breathing sessions. The six day TBr Seminar provides numerous ways of working with the breath so that it becomes part of the participant’s daily life. A two-week facilitator course is available for those who feel called to share this work with others. Two to six hour introductory workshops are held nationwide and the structure is left to the discretion of the presenting certified facilitator. This paper serves to create a structured format for national Transformational Breath® Introductory Workshops.
Introduction

Dysfunctional breathing patterns are seen as both a cause and a result of physical, psychological, and behavioral states and attitudes (Caldwell & Victoria, 2011). The use of conscious breathing to affect psychological healing and spiritual experiences is not new. Rebirthing was developed by Leonard Orr in the 1970s as the ability to breathe Divine Energy to others (Carr, 2014). The focus of Rebirthing is on the somatic and emotional experiences that potentially may lead to mental or spiritual insights (Carr, 2014). The practice heals the memories of traumatic birth that carry into an individual’s present day life and manifest as dysfunction, disorder or disease. It has been described as both a simple physical breathing technique and a profound emotional cleansing tool (Kizer, 2001). Orr did not produce a definitive model for Rebirthing, and the practice has been passed from teach to pupil via experiential training programs (Carr, 2014). Holotropic Breathwork™, created by Stanislav Grof, combines accelerated breathing with evocative music to enter a non-ordinary state of consciousness. Certification in the Grof Transpersonal Training requires about 600 hours of residential training that takes at least two years to complete (Holotropic Breathwork™, 2015). All of these breath work practices have similarities and are used to improve physical health, emotional stability and mental clarity. Client experience of a breath work session can include profound relaxation and sense of well-being as well as a state of mental clarity, cognitive and behavioral insights, improved interpersonal functioning and a sense of increased authenticity (Lalande, Bambling, King, & Lowe, 2012).

Tacey (2003) explains that the New Age Movement of the 20th Century began with the “decline in organized religion as a response to religious dogmas, ideas, assumptions and attitudes seen as artificial and socially constructed as vehicles of social ideology rather than of divine
revelation.” The focus shifted from an external deity of institutionalized religion to finding spirit within (Carr, 2014). The spiritual aspect of breath work is part of the New Age movement’s quest to find the God self within (Albanese, 2007). The belief is that healing lies within the spiritual realm and this spirituality enables one to explore one’s own inner self. In turn, this allows one the freedom to be oneself, which allows one to discover oneself rather than relinquishing responsibility for healing to others (Heelas, 1996).

Working with breath can open up an awareness to other realities and to other dimensions of consciousness (Levine & Macnaughton, 2004). The result is a clearing and harmonization of the mind, body, emotions and memories, as well as more energy, clarity, peace, health and well-being. The breath is an accurate benchmark for the emotional state. By observing our breathing at any moment, we can determine our degree of excitement, fear, anxiety, grief, or calm (Zimberoff & Hartman, 1999). The discomfort of emotions comes from holding onto them. By directly participating with feelings, largely through breathing with them, one can rid themselves of much unnecessary negativity (Hendricks, 1995). Bringing the breath under conscious control can effect change in the body, physically, mentally and emotionally.

TBr is a conscious breathing therapy that utilizes a high vibrational energy frequency created by a cyclical diaphragmatic breath pattern, to bring about profound holistic transformation. Based on the principle of entrainment, a property of physics that states that interacting oscillating systems achieve mode lock or sync to the same period, a vibrating object will begin to resonate to the same rate as the more powerful, higher vibrating object (Spoor & Swift, 2000). This same principle applies to mental and emotional energy, as well. What happens when you come upon a group of people who are laughing and light-hearted and your mood automatically lifts to match theirs? From a mental/emotional perspective, the lighter
energies of emotions such as humor and connection are matched. More dense energies are permanently raised to a higher frequency, simply by coming in contact with the higher vibrational energy source. Spiritually, this is known as an increase in one’s personal vibration. The more dense mental and emotional energies are those that physically feel heavy: resentment, anger, jealousy and fear. The most common dense energy manifestation is physical disease.

TBr expands upon the experience of Dr. Judith Kravitz with various other types of conscious breath work, the basis of which is Rebirthing and Holotropic Breathwork™. Like Holotropic Breathwork™ and Rebirthing, TBr utilizes strong music and a conscious breath pattern to enter non-ordinary states of consciousness. Rebirthing, however, utilizes upper chest breathing and focuses on integrating the birth trauma. TBr uses the full diaphragmatic breath to resolve all traumas and negativity in the subconscious mind. This includes old, unexpressed emotions, patterns of self-sabotage, the unconscious source (death) urge, parent and authority issues, negative beliefs and tapes and traumas from birth and early childhood (Kravitz, 2002).

Holotropic Breathwork™ combines accelerated breathing with evocative music to enter a non-ordinary state of consciousness. This state activates the natural inner healing process of the individual's psyche, bringing him or her a particular set of internal experiences (Holotropic Breathwork™, 2015). With the inner healing intelligence guiding the process, the quality and content brought forth is unique to each person (Holotropic Breathwork™, 2015). Holotropic Breathwork™ is non-specific in its breathing patterns and focuses on the investigation of mental realms, with little focus on specific resolution of emotional trauma that arises as a result of opening the doors to the subconscious (Kravitz, 2002). TBr is a spiritual practice that deals with specific resolution of emotional trauma and allows one to go beyond the mental planes (Kravitz, 2002). Dr. Kravitz has integrated various additional principles from her doctoral
studies in metaphysics, Kundalini Yoga, breath analysis, sound healing and body mapping to create TBr. Her process incorporates intention, conscious invocation, hands-on body mapping, affirmations, and sound to create a breath work process that is therapeutic, powerful and lasting. A variety of trainings are available ranging from weekend courses, $200-$400, to 2 week facilitator trainings, $1500-$3950.

**Methods**

An Internet search of Google Scholar was conducted using the term: “Transformational breath”, with a total of 8 articles identified. A second search of Google Scholar using the terms: “breathwork” yielded 3,730 results. Narrowing the search by using the terms: breathwork Transformational breath®” produced 474 results. Of these articles, 3 were judged after further review to make specific reference to the effects of Transformational Breath®. The bibliographies of these articles were also reviewed to identify related articles missed in the Google Scholar search. Utilization was limited to articles available through subscriptions of the Houston Methodist Hospital library.

**Results**

**Importance of breathing**

We need oxygen from the air to survive. Oxygen is necessary for virtually all metabolism in the body. Without it, we die within minutes. Likewise, we must exhale to release the waste products of metabolism, which is primarily carbon dioxide. Breathing is essential to life. Yet, most people breathe at only 20% of full capacity. Breathing can also be used consciously to enhance the quality of one’s mental, emotional and spiritual life as well as their physical health.
Blood flow carries oxygen and other nutrients throughout the body. Red blood cells transport oxygen through the blood vessels to the cells and pick up the waste product, carbon dioxide, from tissue cells. The red blood cells then carry carbon dioxide back to the heart where it travels through the pulmonary artery and back to the lungs. Here the carbon dioxide is exchanged for oxygen and exhaled. Excretion is the process by which waste products of metabolism are eliminated from the body. Excretion is carried out by the liver, intestine, kidneys, eccrine (sweat) glands and lungs in the form of bile, stool, urine, perspiration and carbon dioxide, respectively. The matrix of breath is a mixture of nitrogen, oxygen, CO2, H2O, and inert gases with the remaining fraction consisting of more than 1000 trace volatile organic compounds (VOCs). These volatile substances may be generated in the body or may be absorbed as contaminants from the environment (Cao & Duan, 2006). The lymphatic system filters hazardous substances from the blood through the lymph nodes.

Breathing creates an energetic frequency and activates the energy-sensitive lymphatic vessels. Dr. Samuel West, D.N., N.D., (1998) documents the healing of pain, loss of energy and many physical illnesses through oxygenation of the body. He concludes that by learning how to activate our lymphatic vessels, cells can rid themselves of blood proteins and poisons, thus making room to receive the oxygen necessary to activate the sodium-potassium pumps that provide the energy for the body to work properly. Blood poisons are both physical and emotional toxins. Toxins come from foods, the environment and emotions that trap blood proteins and store them at the cellular level. Full diaphragmatic breathing, taught in TBr, is a way to stimulate the lymphatic system to work effectively (West, 1998).

In 1931, Otto Warburg, a German scientist and Director of the Kaiser Wilhelm Institute for Cell Physiology, won the Nobel Prize for his work on the respiration of cells, particularly
cancer cells. In his article, On the Origin of Cancer Cells, (1956), Warburg states that respiration of all cancer cells is damaged and one reason for the damage is the removal of oxygen. His work linked the conditions of acidosis and hypoxia to the development of cancer and determined that the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by the fermentation of sugar for energy creation (Warburg, Wind, & Negelein, 1927).

Better breathing can be a simple and effective, if not miraculous, process for health and wellness. The power of breath is available to all through the conscious mind. Even small adjustments to the breath pattern can produce immediate, noticeable and permanent effects. Improved breathing will improve oxygen intake (the number one anti-oxidant), balance the body’s pH, and increase respiratory detoxification (Ouellette, 2008).

**Design**

The current guidelines for TBr workshops provide suggestions versus requirements. Workshops are a maximum of 1 day in duration. No other forms of integrative breath work are associated or involved. The standardized Transformational Breath® Introductory Workshop will provide an agenda and design that is consistent nationally and internationally.

**Goals**

The goal of the standardized Transformational Breath® Introductory Workshop is, first, to show the world this amazing practice and to share a powerful transformational healing process with as many people as possible. Standardization of the 3 hour Transformational Breath® Introductory Workshop will provide consistency to the format and process, thus improving the quality of the workshop. Reduction of variation among facilitators will also provide consistent quality. Participants will develop security in the consistency of the process. Standardization will
lower cost of development of workshops in various parts of the United States. Maintaining and updating promotional and training material will be easier and errors will be reduced.

**Length**

The standardized Transformational Breath® Introductory Workshop will last 3 hours. It will be an intensive educational experience to introduce a new concept, that is, Transformational Breath® to individuals who have never before experienced TBr and who are either unwilling or unable to attend a longer, more expensive event. The format will include an explanation of TBr, how and why it works, instruction in the Transformational Breath® pattern, a breathing analysis and one full hour-long TBr session. The experience of one TBr session will ideally pique the interest of participants and spur them to investigate it further in a longer presentation such as the 2-day Presence of Breath workshop or the week-long TBr Seminar.

**Budget**

Budget will be determined by region. Studio rental rates will vary regionally. Cost for snacks will vary depending on the number of participants. The average charge per participant for an Introduction to Transformational Breath® workshop falls between $50-125.

**Venue**

The requirements for venues chosen to hold the standardized Transformational Breath® Introductory Workshop focus on the comfort and privacy of the environment. The space must provide a comfortable, inviting and private environment. A studio is preferred, large enough for participants to lie on yoga mats on the floor and facilitators to move between them. The facility must be aware of and accommodate the often loud breath sessions that occur with music and
toning. Participants often feel self-conscious if they believe they can be heard toning or emoting, so the facility must be private, preferably without other classes occurring in conjunction.

**Facilitators**

Facilitation for the standardized Introductory Transformational Breath® Workshop will not exceed a ratio of 1:4, facilitators to participants. This ratio provides enough time for individual facilitation and attention. Additional facilitator support may be necessary depending on the number of participants. For larger workshops, facilitators may be solicited locally, regionally or nationally. Travel expenses will vary by distance and facilitator credentials. TBr facilitator interns, during their internship, are prohibited from accepting payment for breath sessions. They may, however, receive good-will payments and reimbursement for expenses associated with the provision of breath sessions. Reimbursement will be determined by each workshop host and his or her facilitator(s).

**Standardized Transformational Breath® Introductory Workshop Agenda**

1. Greeting and Introductions (15 minutes)
   a. Staff
   b. Attendees

2. Ice Breaker (15 minutes)

3. Components of the TBr process (20 minutes)
   a. Intention
   b. Invocations
   c. Body Mapping
   d. Affirmations
   e. Toning and Sound

4. Three Levels of TBr (25 minutes)

5. Instruction for Transformational Breathing (15 minutes)

6. Breath Analysis with 2 volunteers (30 minutes)

7. Break (15 minutes)
8. Breath Session (90 minutes)
9. Comments/Sharing (20 minutes)
10. Closing (10 minutes)

**Greeting and Introductions**

A ten minute greeting to open the class will consist of a welcome by the host and an introduction of the facilitators. Participants will learn the purpose of the workshop: to introduce them to the TBr process and experience a TBr session. The participants will also introduce themselves, providing their name and home town/state if applicable, as well as an explanation of their reason for attending the session.

**Ice Breaker**

A short 15 minute ice breaker will ease people through the discomfort that comes with meeting strangers. The purpose is to engage the participants and find commonalities between them. TBr work is personal and participants are emotionally vulnerable from the process, so it is important to create an environment of safety as well as being mindful of why each person is in attendance.

**Components of TBr process**

There are five components that make up the process of the TBr session.

An intention is set for each TBr session. Intention focusses our thought energy in the direction we wish to move. It becomes the force of our higher consciousness. Each TBr session intention is set in present terms, as if we already have what we desire, instead of longing for that which we do not have. The Breath is the action of the intention.
Invocations are used to create the perfect session, ask for assistance, request connection, receive presence and give thanks. The purpose is to co-create and align with Higher Presences for support and guidance.

Body Mapping is a technique utilized during a TBr session to identify areas of the body where an individual may be holding on to repressed thoughts, feelings or emotions. Specific emotions are held in certain places on the body, and by applying gentle pressure on the exhale to the areas where there is muscle tension or tightness, release and integration of these repressions occurs. Facilitators help to bring awareness and energy to these parts of the body as well as facilitate accessing and integrating suppressed energy patterns that have been stored in these areas (Kravitz, 2008).

Affirmations are self-liberating statements of fundamental truths that displace negative input with positive input (Kravitz, 2002). Our thoughts either allow us or prevent us from being whom or getting what we want. Affirmations are spoken at the time pressure is applied to tightened areas of the body with body mapping to support the subconscious mind in letting go of self-limiting beliefs (Kravitz, 2002). Consciously choosing words and thoughts through affirmations will either help eliminate something from one’s life or help create something new (Hay, 2015).

Sound and toning are used in TBr as an additional method of creating a high vibrational energy frequency. Uses of sound and music in modern medicine have only been studied for the past 60 years, primarily through the field of music therapy (Gelfo, 2013). Therapeutic use of the voice increases self-esteem and capacity for self-expression for individuals who have experienced trauma or are experiencing depression (Austin, 2008). Toning in TBr is useful during times when the physical or emotional energy becomes intense. It can free unexpressed
emotions, open an individual to repressed feelings, and physically open the breath (Kravitz, 2002).

**Three Levels of Transformational Breath**

The three levels of Transformational Breath® form the basis of the practice. The physical level is the most basic and important. Breath is the essence of life. Humans can live without shelter, clothes, even food and water for a short period of time, but without breath, life is sustained for only minutes. The primary objective in a TBr session is to open the respiratory system and create a flowing breath (Kravitz, 2002). Proper breathing equates to living fully.

Oxygen is the most vital element to the human body. It is required for cellular respiration to process all metabolic functions. Detoxification is most effective if the exhale is open and unconstricted. At the very minimum, a TBr breath session provides the physical benefits of more energy and detoxification. And, there is so much more.

The mental and emotional level of TBr works to clear and integrate the subconscious. Controlling the breath is the most common way to control emotions, for example, holding of the breath to prevent crying, sucking in the breath when shocked or frightened, or biting the lower lip and holding the breath to keep from laughing (in church, perhaps!?). Muscular contraction controls the breath that then controls emotions. This process occurs repeatedly throughout life. Unwanted or overwhelming emotions, feelings, and memories are repressed and held in the body at the cellular level. Over time, these repressions create obstructions in the body that may eventually become permanent and lead to manifestations of mental/emotional dysfunction or physical disorders and disease.
All matter is constructed of energy. Energy is always "conserved" — it cannot be created or destroyed. It can, however, be transferred between objects or systems by the interactions of forces (Castro, 2014). Bruce (2000) purports that from a holistic point of view, everything is one single essence: ourselves, the material world and the supernatural world. All is connected with the potential to energetically impact each other in all ways and directions. The energy created by the TBr circular breath pattern introduces a higher vibrational frequency to integrate and elevate the dense frequencies. Breathing in and out without pauses creates the frequency. The law of entrainment states that a dense frequency will be attracted to a higher frequency and will be permanently changed by coming in contact with this higher frequency.

Cellular memory has a vibrational frequency. Repressed emotions have a dense energetic frequency. Breathing into the closed places, allowing the muscles to relax and let go allows for integration of repressed or unwanted emotions, feelings, or thoughts in the subconscious. Two different studies of breast cancer patients undergoing radical radiotherapy showed that application of conscious connected breathing reduced levels of anxiety, depression, and cortisol in blood serum (Heyda, Jurkowski, & Skladowski, 2008), as well as significantly increasing NK cell counts (Heyda, Jurkowski, Głowala-Kosińska, Czuba, & Skladowski, 2007). NK cells are known for their cytotoxic anti-cancer activity. Additionally, activating the bond between breath and body-mind in the psychotherapy process through conscious connected breathing allows patient to change old patterns of psycho-physiological functioning (Heyda, et al., 2013).

The spiritual level of TBr results in connection to higher levels of consciousness. When we integrate all the obstructions that are held in the body, we remove the discordance. In turn, this increases the potential to be more open to spiritual connection. Space is made for the higher levels of consciousness, space that was previously filled by denser energies. For some, it is a
religion, God, Allah, Angels, Higher Power or Higher Self. For others, it is spiritual guidance, nature or whatever is an individual’s belief in a spiritual energy. The inner voice of wisdom and clarity becomes clearer and stronger. Following this, spiritual guidance is then received with ease. Inner peace results in presence, connection, silence, deeper meditation or any other spiritual practice.

**Instruction for Transformational Breathing**

The Transformational Breath® is a circular, opened-mouth, diaphragmatic breath pattern. The belly rises with the inhale, indicating that the diaphragmatic muscle is active. The rise of the belly then extends to a rise of the midsection, and continues to a rise of the chest. The lungs do not anatomically extend to the abdomen, but for the purpose of coaching, the term “Belly Breath” is used during TBr sessions as a label for the correct form of the diaphragmatic breath. The breath is then released in an exhale. The exhale is relaxed, there is no work, it simply flows away. There is no holding or blowing of the exhalation. The jaw is relaxed, as are the back of the throat and muscles of the mouth. The teeth are gently separated. At the end of the exhale, without pausing, the next breath is initiated. This creates the complete energy circuit.

**Breath analysis**

In TBr, there is an understanding of the correlation between an individual’s breathing pattern and personality, behaviors and expression. Breath analysis is a science within TBr that correlates breathing patterns with individual attitudes and behaviors. It is an actual reading of an individual’s breathing style to determine the person’s relationship with life or the life force (Kravitz, 2008). TBr is unique in that this is the only breath work practice that teaches this correlation. The open breath begins with a rise of the abdomen, then the midsection, then the chest. The chest then goes down, followed by the midsection, and the abdomen. Variations in this pattern can indicate restrictions where past pain and/or trauma are held at the cellular and...
energetic levels. There is no pause during the breath cycle. Pausing before the exhale can indicate a fear of letting go of negativity and/or control, or a fear of expressing. A pause before the inhale indicates a fear of receiving or accepting one’s good (Kravitz, 2002).

**Break**

Healthy snacks must be available during the break. The snacks will include a variety of organic fruits as well as gluten-free and vegan choices. Sugary, processed foods are prohibited. Promotion of holistic health as a foundation for physical, mental and spiritual health is supported through the provision of healthy snacks. A variety of TBr literature and audios must be available during each break. The 100 Breaths to Joy CD and *Breathe Deep, Laugh Loudly* by Dr. Judith Kravitz are the minimal requirements. There is no maximum limit to provision of literature or TBr material.

**Breath session**

A full breath session consists of 45 minutes of conscious connected breathing and 15 minutes of integration. The facilitator will begin with the opening invocations as participants begin the diaphragmatic breath. Facilitators will move amongst the participants to open and expand the breath through body mapping and affirmations. Facilitators will provide adequate time for each individual with the intention to divide facilitation time as equally as possible. Integration begins with a designated facilitator stating the invocation to receive presence. Integration is a vulnerable, highly personal time when the breather receives guidance, awareness, clarity or gifts from spiritual energy. Facilitators provide gentle support with physical touch such as holding the bottoms of the feet or placing hands over the participant’s hearts. Participants are then provided time alone for the final few moments of the session.
**Comments/Sharing**

At least 20 minutes will be allotted for post-session sharing by participants. The TBr session experience is often so powerful that the participants will want to share and discuss for much longer than 20 minutes. There is no time limit, this is left to the discretion of the host(s), however, at least 20 minutes must be provided in the event that participants want to share. Most often, they do.

**Closing**

At least 10 minutes will be devoted to a closing circle with the invocation of gratitude for a perfect breathing session. Gratitude must be expressed for our teacher, Judith Kravitz, and the gift of the Breath. With this complete, other options may be added to the gratitude circle, as time permits, with the option of allowing for gratitude sharing by TBr participants.

The remaining time will be used to promote future personal and professional TBr training programs. The one week Seminar is a powerful experience for personal transformation through TBr. Level IVA and IVB Facilitator Training is a two-week program towards certification for those who feel called to study and share the TBr work with others. Level V is the final step in the professional program offerings for those who wish to expand and strengthen their presentation skills, as well as the clarification of goals and expression of one’s own truth. Lastly, promotion and distribution of TBr handouts and literature as well as TBF CDs, Judith Kravitz’ book, *Breathe Deep Laugh Loudly: The Joy of Transformational Breathing*, is the final part of the workshop closing before departure.

Follow up within the week of the workshop’s completion will maintain the momentum and positive energy created in the workshop. Host facilitators will send a mailing list of participants to the TBF to connect participants with the Transformational Breath Foundation and provide them with continued TBF information and TBr events.
A personal email will be sent by the host facilitator to all participants 2-3 days post workshop unless a participant specifically requests no emails. The email maintains the connection between TBr, facilitator, and the participant and encourages the participant to continue the breath practice. TBr work is intense and deep and the breathers must know that the facilitator is available for questions or support. In this way, the facilitator remains available to the new breathers and continues the role as facilitator post workshop.

**Conclusion**

The conscious use of breathing is a natural healing method that can bring physical and emotional integration of prior trauma as well as the experience of spiritual energy. Proper breathing can result in better adaptation to life events as well as heal former life experiences (Kravitz, 2002). Transformational Breath® offers many opportunities for holistic healing, growth and development. On a physical level, TBr opens and clears restricted breathing patterns. On a mental/emotional level, denser energy patterns such as unwanted thoughts, feelings and emotions are raised to a higher frequency based on the principle of entrainment. And on a spiritual level, an opening is created via integration work within the subconscious to make room for higher levels of consciousness.

The importance of the standardized Transformational Breath® Introductory Workshop cannot be understated. This is the first point of contact for most people to experience the TBr process and as the old adage goes, there is never a second chance to make a first impression. Humans tend to focus on the first piece of information received about something and then judge subsequent interactions in relation to that first judgment (Ariely, 2015). Because first impressions are fairly accurate and stand the test of time (Gladwell, 2007), a poor first impression can produce a loss of confidence of prospective TBr clients. The result can be a loss
of the client as well as their loss of faith in the process. Ultimately, TBr trainings are a revenue producing business as well as an educational experience for the holistic healing practice.

The Transformational Breath Foundation (TBF) offers a variety of structured personal and professional level training programs ranging from a weekend to 2 weeks duration. Requirements for production of upper level TBr training events are outlined by the TBF. The structure of these events is consistent world-wide and provides three decades of experience in Transformational Breath, training, product line and promotion. Introductory TBr Workshops are short versions of TBr training programs that are held nationally and internationally. There are no requirements for the format of these workshops.

The structured Transformational Breath® Introductory Workshop will provide the strength and consistency of the larger TBr training events to all of the TBF brand of breath work offerings and education. The format, agenda, literature, techniques, skills and application of the Transformational Breath® process will be standardized to the smaller offerings, as well. Consistency and structure promote the highest degree of competency of the TBr brand as well as creating dependability and trust. Trainings provide a safe container where the participant can be open, vulnerable and safe to explore higher states of consciousness. Structure strengthens the feelings of safety and confidence of participants.

Conscious breathing as an integral part of self-growth. Facilitating the TBr process at all levels by adhering to its theories, format, process and techniques creates competency and commitment through the presentation of these programs. The standardized Transformational Breath® Introductory Workshop will continue to spread breath work healing worldwide.
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