



# Transformational Breath®

Personal Trainings – Levels I, II & III

*“Discover how your breath can transform your life”*

**Level I:** Saturday 25th to Sunday 26th April 2015 – €350\*

**Level II & III:** Thurs 21st to Sunday 24th May 2015 – €700\*

Slí na Bandé, Newtownmountkennedy, Co. Wicklow, Ireland

Twice-Daily Breathing Sessions, Breathing Analysis, Body Mapping, Toning & Sound Healing, Intentions & Affirmations and much more...  
(*Transformational Breath® Tuition Manual included in each training.*)

*Level I is an amazing gift to yourself. It is also a requirement for Level II & III.*

**Feel the transformative power of your breath:**

#### PHYSICAL

##### Open your Breathing Pattern

- Learn to breathe fully & freely.
- Be in the flow of life...!

#### MENTAL/EMOTIONAL

##### Integrate your Subconscious

- Transform thoughts and feelings.
- Open to Love and Joy...!

#### SPIRITUAL

##### Connect with your Higher Self

- Access higher levels of awareness.
- Express yourself from your Soul...!



Indalecia Rohita Ziritt (Italy) is a warm and inspiring Senior Trainer of Transformational Breath®, born in Venezuela and living in Italy.  
Michael Blake & Claire Haugh are Co-Trainers living in Ireland.

**Early Bird: 10% discount if €200 deposit paid by 25th Feb 2015**  
**To enquire or book, please email: [yogaclaire@yahoo.com](mailto:yogaclaire@yahoo.com)**  
**HeartSpace Sanctuary [www.heartspace.ie](http://www.heartspace.ie)**

**\* Note: Price includes Tuition Fees only.**

**Accommodation can be booked directly with the venue.**

**Note: Level II & III is Full Residential – [www.slinabande.ie](http://www.slinabande.ie)**

“Huge releases of old patterns and thoughts. I feel so good having released so much.” *A.H., Tipperary*

“I healed an incident from my childhood that came up very vividly during the breathe.” *A.D., Dublin*

“I learned some exercises on how to improve my breathing, to feel more relaxed and to have more energy and clearance inside me.” *D.B., Galway*

“I had what I would call a really spiritual experience.” *E.J., Dublin*

Transformational Breath® is a registered trademark of the Transformational Breath Foundation: [www.breathe2000.com](http://www.breathe2000.com).