

TRANSFORMATIONS

LIVING YOUR PURPOSE - 2026

-Advanced Career Apprenticeship

Jim Morningstar, PhD and
Jayne Ader, LMT, Lenny Delvecchio, MS,
Kate Becker, TB Level 4, Sherry Ward, MS, LPC,
Andy High. MSP, Julie Banashak, MSP

Five Sundays three hours once a month virtually from January- May, 2026
- and a 2 hour staff mentored monthly cohort meeting at an agreed upon time.

- **Learn* from Masterful Transformations Teachers and Mentors,
- **Incorporate* advanced tools for maximizing your energy centers,
- **Receive* individual guidance from your cohort of mentors & peers,
- **Understand* lifelong work patterns from your career autobiography,
- **Feel* supported in taking the next steps in your career upgrade.

Selective Limited Enrollment.
Register today.

The purpose of the *Living Your Purpose* course is to integrate the most incisive spiritual principles into one's life and career for the **highest of success** and satisfaction of one's **Whole Self** and one's community.

Inner work will include the clearing and strengthening of one's **energy centers** as a regular practice. Outer work will entail the presentation and analysis of one's **career autobiography** and the completion of a **major project** relevant to manifesting purpose in one's life work

Every LYP student will:

- ~ **Create a Circle** of personal guides for the next year of their life,
- ~ **Bond** with a supportive small cohort for deeper work and accountability,
- ~ **Receive** training in the attunement of their vital energy centers,
- ~ **Strengthen** confidence from transforming with like-spirited peers and veteran teachers,
- ~ **Upgrade** the quality of their career and work/play balance,
- ~ **Become** an example of purposeful living.

LYP hours apply directly to TI electives required for Level 3 Therapeutic Breathwork Certification.

How it works:

1. We **meet once a month** on a Sunday with our local and our international group (3 hours) immersing ourselves in life-changing mind/body reprogramming.
2. We do **experiential exercises** and learn **new tools** each class for life change.
3. We have a staff mentored **Mid-Month Cohort Meeting** (2 hours between Sunday meetings) for participating in a career autobiography and doing group breathwork.
4. We form **partnerships, cohort activities** and use a **WhatsApp group** to share progress with our **life/career** goals.
5. We **acknowledge** the **positive changes** we have made in our career and affirming relationships we have gained through keeping commitments to ourselves and our planet.

Tuition: \$575: includes virtual Sunday Series, materials, video recordings and virtual mentored Mid-Month Cohort Meetings.

To reserve your place make:

Payment or \$200 Deposit via check or money order to Transformations
4200 W Good Hope Rd Milwaukee, WI 53209

or Zelle at jim@transformationsusa.com

or online: <http://www.transformationsusa.com/products.php> **Workshops and Trainings** with Jim Morningstar, Ph.D.

Looking forward to sharing the exciting changes Spirit has in store for all of us who make this dedication to personal, career and global change...**with love,**

Jim

Jim Morningstar, PhD
Director, Transformations Incorporated

Series Schedule (1-4 pm US Central):

Jan 25 *Intro to Purposeful Living*... **Jim Morningstar** and **Jayne Ader**. Finding your purpose exercise, outlining your career project, creating cohorts with mentors, choosing daily practices, career autobiography preparation.

Feb 22 *Energy Centers and Circle of Guides*... **Jim Morningstar** and **Lenny Delvecchio**. Role of energy centers in your body and your career, Circle of Guides exercise, daily practices review, title and purpose of class project presentations.

Mar 29 *Chakras 1-3 Overview and Inventory*... **Jim Morningstar, Andy High and Julie Banashak**. Chakra exercises for safety, flow in relationships and personal identity, career correspondences, deficiencies and strengths, self assignments and accountability..

April 26 *Chakras 4-6 Overview and Inventory...* Jim Morningstar and Kate Becker.

Chakra exercises for heart centeredness, truth speaking and holy vision, career correspondences, deficiencies and strengths, self assignments and accountability

May 31 *Chakras 7-8 Overview and Inventory...* Jim Morningstar and Sherry Ward.

Chakra exercises for connecting with spiritual guidance and tapping the wisdom our Higher Self, career correspondences, deficiencies and strengths, self assignments and accountability, completion inventory and celebration.

Faculty:

Jim Morningstar, Ph.D. is a clinical psychologist who has pioneered in integrative healing arts and supervising professionals since the 1970's. He incorporated Therapeutic Breathwork, Bioenergetics, Gestalt, Reiki, family systems, energy medicine and spiritual guidance into his practice. He is the director of Transformations, the School of Integrative Psychology, Creative Consulting and Counseling Services, the Transformations Breathwork Training Program as well as co-director of the Global Professional Breathwork Alliance and author of five books in the field.

Jayne Ader, LMT received a Bachelor of Arts in Humanistic Studies and has a master's certificate in Integrative Psychology. She is a Nationally Certified Massage Therapist licensed in the state of Wisconsin and a Wellness educator. Jayne is a Reiki Master, a Level IV professional Breathworker and has assisted in and Facilitated trainings and courses since 2003. Jayne is a community builder and Co-Founder CORE/EI Centro. She has over 30 years of experience in helping people who have lived through trauma to reintegrate back into their bodies and reestablish a trusting relationship with themselves.

Lenny Delvecchio, LPC is a psychotherapist who uses a body/mind/spirit approach in helping people live purpose-driven lives. He has over 14 years of counseling experience. He has led breathwork groups for over 20 years and has been a certified professional breathwork trainer for 6 years. His extensive, earlier career as a mechanical engineer in a large corporation helps him connect with all walks of life. Lenny is dedicated to increasing the amount and expression of love in our world.

Kate Becker is a level 4 Therapeutic Breathworker, trained in Milwaukee, WI, through Transformations Incorporated and her five-year mentorship with Jack Fontana. Kate teaches Kundalini Yoga, Ecstatic Dance, Improvisational Voice Meditation and Embodiment. She lives and works in New Orleans, LA. She had done extensive work with the International Breathwork Foundation.

Sherry Ward MS, LPC, CSAC, RN has spent the past 45 years in healing professions initially as a registered nurse and today also as a licensed therapist and addictions counselor. Sherry graduated from Transformations School of Integrative Psychology

and is a certified breathwork trainer. Sherry's healing work embraces her traditional training, spiritual training, breathwork, and energy work. Sherry has a private counseling practice and is passionately engaged with Transformations.

Andy High, MSP, is a graduate of the School of Integrative Psychology Master Certificate Program, a certified Therapeutic Breathworker who has been teaching and assisting in breathwork trainings for decades. He also has integrated shamanistic studies into his work along with Bioenergetics. Known for his accepting heart-centered approach he has been a valued member of Transformations staff

Julie Banashak MSP, is a certified Therapeutic Breathworker. She also has certifications in integrative psychology and yoga, and a passion for ancestral healing and earth-honoring lifeways. She guides others toward personal and collective healing by breathing life into future visions for themselves and the world. Julie has been assisting in breathwork trainings and School of Integrative Psychology courses for over a decade.

Mike Arney, MA from the University of Chicago and the University of Chicago Divinity School. Mike's main professional work is as a database programmer. He is also a Level 3 certified Breathworker and has helped manage the technical aspects of remote and hybrid Breathwork trainings. He is willing to share that experience with those who could benefit from it.

Mid-Month Cohort Meetings will be mentored by a TI Staff member with 5 participants at a mutually agreed upon time.