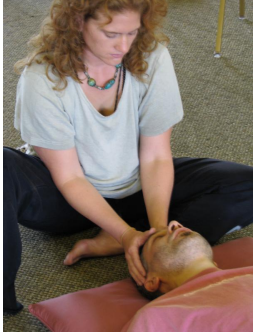


TRANSFORMATIONS



Therapeutic Breathwork Residential and Virtual Trainings

August 14-18, 2023

Jim Morningstar, PhD, and the TBTP Staff

These trainings will be conducted in person and virtually at
the gorgeous [Cedar Valley Retreat Center](#).

Level 1 BASIC THERAPEUTIC BREATHWORK TRAINING
Level 2 ADVANCED THERAPEUTIC BREATHWORK TRAINING
Level 3 BREATHWORK TRAINER APPRENTICESHIP

Our **In Person Trainings** are held in a private retreat center in the luscious countryside of Central Wisconsin amid 100 acres of forested hills with a pond for outdoor breathwork and ample hiking trails. Safety practices are observed by all staff and visitors. Tuition for training including lodging and meals:

Double occupancy - \$1,768 USD

Single occupancy (limited) - \$1,998 USD



Our **Virtual Trainings** will consist of daily live streaming and interactive practice sessions. Supervision will be conducted for online individual, group and wet sessions. Teaching sessions will be recorded and made available,.

Tuition for Virtual Trainings: \$995 USD

Payment or \$300 Deposit via check to Transformations 4200 W Good Hope Rd
Milwaukee, WI 53209

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

Basic Therapeutic Breathwork Training

Jim Morningstar and TBTP training staff

The purpose of this residential training is to teach breathwork skills to those in the healing professions.

Breathwork is a science and healing art which uses conscious breathing practices to explore, release and integrate mental, emotional and physical energies and assist clients to:

- Resolve chronic holding patterns in mind, body and spirit
- Release emotional material stored within the muscles and tissue
- Unravel relationship patterns that interfere with a sense of personal well-being
- Experience a felt sense of self love in their bodies.

Participants will learn to:

- Identify ineffective breathing patterns
- Teach healthy breathing skills to individuals and groups
- Use breathwork to address issues of trauma recovery, depression, anxiety and addictions
- Integrate breathwork into their standard clinical practice
- Utilize water as a medium for breathwork and facilitated movement
- Monitor and release personal issues that interfere with clarity as a practitioner.

Advanced Therapeutic Breathwork Training

Jim Morningstar and TBTP training staff

The purpose of this advanced training is to give direct and intensive supervision to professional breathworkers in a supportive healing setting. This is an opportunity to reach a new level of mindfulness in one's work as a healer. The limited size of the group allows for more immediate feedback from the trainers.

Participants will learn to:

- Apply principles of breathwork and advanced energy reading and healing techniques with a variety of clients
- Integrate and expand present clinical skills into supervised breathwork sessions
- Practice dry, wet and group breathwork and group leadership
- Heal and clear self while giving highest service to clients
- Become a more confident and competent breathworker.

This training is for those who have already done breathwork sessions with others and who are ready to dramatically enhance their professional skills. There is an application and selection process with limited enrollment. A certificate of completion is awarded as well as an appropriate level of Breathworker Certification.

Breathwork Trainer Apprenticeship

Jim Morningstar and TBTP training staff

Professional breathworkers who are seeking to enhance skills as trainers will work under the direct supervision of the Transformation Breathwork Training Staff.

Trainers will Learn to:

- Coach breathworkers to maximize their talents
- Facilitate in the planning, content and flow of training programs
- Increase confidence in constructing successful learning experiences
- Orchestrate teamwork in a training.

To share the secrets of breath is to give the gift of life.

We are one of the oldest training centers in the world for the certification of dyadic breathwork and endorsed by the [Global Professional Breathwork Alliance](#). [Therapeutic Breathwork](#) is both comprehensive in teaching faster and slower than normal breathing techniques as well as inclusive in blending this with other healing modalities. Approved for continuing education credits through NBCC and NAADAC. Our training staff brings together healing energies from around the world. These breathwork trainings are designed to fit your current needs and help you take the next step in learning the art and practice of a breathworker ([4 levels from beginner to trainer](#)). They are only offered every other year. Contact me with any questions 414 530 4649 jim@transformationsusa.com. ~ Jim Morningstar

This is truly a transformative week, as previous participants have attested:
"I so appreciated being able to take the time to work on my own healing. I am so grateful for the opportunity. I enjoyed being able to share myself with others. I loved being nurtured and cared for."

Teri - psychotherapist/shaman

"I gained a sense of increased confidence in my abilities as a breathworker and a validation of myself."

Sue - breathworker/therapist

"A safe, fun, loving environment that I recommend highly to anyone interested in healing."

Mary - therapist/breathworker

"It was so packed with valuable information. All the staff did a great job expressing their assignments/presentation. I knew very little about breathwork coming in this week. I now feel like sharing this with others."

Anne - psychotherapist

Biographies of Trainers

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.



Lenny Delvecchio, LPC is a psychotherapist who uses a body/mind/spirit approach in helping people live purpose-driven lives. He has over 10 years of counseling experience - currently working at Red Oak Counseling in Elm Grove, Wisconsin. He has led breathwork groups for over 20 years and has been a certified professional breathwork trainer for 3 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.

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.



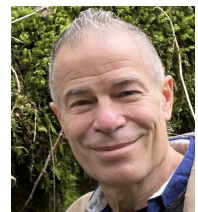
Kate Becker is a level 4 Therapeutic Breathworker, trained in Milwaukee, WI, through Transformations Incorporated and her five year mentorship with Jack Fontana. Kate teaches Kundalini Yoga, Ecstatic Dance, Improvisational Voice Meditation and Embodiment. She lives and works in New Orleans, LA.

Andy High worked as a professional carpenter for over 40 years. He answered his calling for personal growth and teaching by graduating from the School of Integrative Psychology with a Masters Certificate in 2004. He further assisted in numerous breathwork retreats and trainings through the Transformations Breathwork Training Program. He became a professional Level III Therapeutic Breathworker in 2006 and continues to assist and teach in certification trainings. He incorporates shamanistic and Reiki techniques in which he was mentored in his work. He is known for his healing approach with an open hearted acceptance, inclusion and compassion for all.



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 breathworker. 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.

Steve Moe, LMT, Innovatively and evocatively, has been sharing the medicines of Touch and Breath since completing Massage Therapy Training in 1995 and Therapeutic Breathwork™ Training Level 1 in 1997. Partnering, for over 20 years in the Therapeutic Breathwork™ Training program, co-leading "Flesh & Soul" an eco-tantric adventure in Venezuela 5 times, serving 6 years on the International Breathwork Foundation's admin team, presenting at 12 Global Inspiration Conferences and engaging with



thousands of diverse clientele since 1990 all contribute to Mojo's empowering and extraordinary sessions.



Mike Arney, MA is a Certified Level III Practitioner in the Therapeutic Breathwork Training Program and a graduate of the Transformations School of Integrative Psychology. He works professionally as a Database Architect and has been a technical consultant and moderator for Transformations courses, seminars and trainings for decades. He has hosted mini-workshops for the Transformations faculty and staff.