

TRANSFORMATIONS

The Transformations Master Mentoring Series - 2025

- The Psychology of Total Success

**Jim Morningstar, PhD, Lenny Delvecchio, MS, Jayne Ader, LMT,
Kate Becker, Ashira Lavine, MA, LMT, Sherry Ward, MS, LPC,
Teri Nehring, M.ED, Tamarack Song, Lety Seibel
with Julie Banashak, Rich Ocampo, Keith Rowe and Mike Arney, MA**

Five Sundays once a month virtually from February-June, 2025

1:30 pm-5: pm Eastern; 12:30 pm-4 pm Central; 10:30 am-2 pm Pacific
Mid-month breathwork meeting 1st Thursday of the month (Mar-July) at 7-8:30pm CST

Learn from Master Transformations Mentors,

Apply life changing skills for 5 months,

Use community accountability,

Become a credited mentor,

Begin mentoring others.

Selective enrollment.

Register today.

The purpose of the TMMS is to immerse you in a five month mentoring experience to make specific changes and reach defined goals in your life with community accountability and support. In our first class, these goals will be specified by you with steps and timelines as well as a personal support system. Each subsequent class will refine the tools needed for your progress in four major areas of your life. We will celebrate our individual and community success. Graduates may qualify to be Registered TI Mentors and begin mentoring SIP courses.

Every TMMS student will:

- ~ **Create a Holistic Business Plan** for the next year of their life,
- ~ **Have a supportive team** for accountability and encouragement,
- ~ **Receive** feedback and guidance from veteran mentors and healers,
- ~ **Strengthen confidence** from bonding with a like-intended local and an international community
- ~ **Definitively upgrade** the quality of their life,
- ~ **Develop their skills** and have the opportunity to mentor others.

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

How it works:

1. We **meet once a month** with our local and our international group (3.5 hours) immersing ourselves in the highest quality life-changing mentoring in specific areas of our life.
2. We do **experiential exercises** and learn **new tools** each seminar for life change.
3. We have an optional **Mid-Month Meeting** (2 hours between Sunday meetings) for reviewing the monthly topic and doing group breathwork.
4. We form partnerships, small support groups or use a WhatsApp group to **share progress** with our life goals.
5. We **acknowledge** the **positive changes** we have made and quality of affirming relationships we have gained through keeping this commitment to ourselves and our planet.

Tuition: \$550: includes virtual Sunday Series, materials, video recordings and virtual Mid-Month Breathwork Meetings.

To reserve your place virtually:

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.

Those registered and currently enrolled in a course in the SIP Mentoring Program can claim a 10% reduction in tuition.

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

Jim

Jim Morningstar, PhD
Director, Transformations Incorporated

Series Schedule:

Feb 23 *Holistic Entrepreneurship*... **Jim Morningstar** with Julie Banashak. Creating a master Holistic Business plan under the umbrella of our uniquely defined life purpose; forming support teams for ongoing accountability and encouragement. Taking charge of manifesting your heart's desires in every area of your life.

Mar 30 *Soft Addictions and Other Distractions*... **Sherry Ward and Teri Nehring** with Rich Ocampo. Owning the "soft addictions" that erode our effectiveness and brilliance in

unconscious ways that block our success and turning them into assets for manifesting our heart's desires. Experiencing "Brain Spotting" to release unwanted habits.

Apr. 27 *Building Loving Relationships...* Jayne Ader and Lenny Delvecchio.

Applying metaphysical principles and psychological astuteness to intimate and family relationships as well as social and business relationships. Developing certitude in the love that you are.

May 18 *Strengthening and Living in Your Light Body...* Kate Becker and Ashira Lavine, MA, LMT, with Keith Rowe. Caring for your physical and emotional bodies with a plan that is fun and effective. Becoming the master as well as intimate friends with your body and mind and enjoying the results along the way.

Jun 29 *The Shaman in Your Mirror...* Tamarack Song and Lety Seibel Bringing the magic back into your life. Deepening relationships with the guides and spirits that have been waiting to help you manifest your dreams.

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.

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.

Teri Nehring, MSED, LPC, CSAC, Licensed Professional Counselor, Clinical Substance Abuse Counselor, Reiki Master, Energy Practitioner, Breathworker, Brainspotting practitioner and a Nuesta of the Inkan/Andean spiritual path. Thirty-five years of contribution and service. She lives in Costa Rica and has a retreat center, travels to Peru in order to learn the healing practices and ceremonies from the indigenous medicine people, Quer'ó, and Shipibo of the Amazon.

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 12 years of counseling experience. He has led breathwork groups for over 20 years and has been a certified professional breathwork trainer for 4 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

Ashira Lavine, MA, LMT, is a seasoned holistic healer, bodyworker, Professional Breathworker and transformational coach. She is extensively trained in trauma resolution (Alchemical Alignment) and Biodynamic Cranial Sacral Therapy and has developed her unique Mind-Body Fusion technique providing compassionate and results-oriented support. She also is a liaison between the International Breathwork Foundation and the United Nations

Tamarack Song and Lety Seibel are co-founders and directors of the Healing Nature Center, the Teaching Drum Outdoor School, and the Wilderness Guide Program in Northern Wisconsin. Tamarack has authored numerous books on the applications of Shamanism to contemporary life. Lety is a master storyteller and healer in the lineage of her grandmother, a curandera in Mexico.

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 Meetings will be hosted by Julie Banashak, Rich Ocampo and Keith Rowe virtually at a time to be designated between Sundays February through July, 2025