



Transformational Breath Personal Seminar

2-8 September 2024
Golden Web Retreat | East Algarve



*the way you breathe
is the way you live your life*



the seminar

Transformational Breath® is a powerful tool that you can use to help you in moments of stress, anxiety, or overwhelm. The Seminar is a 6-day event where you have the opportunity to explore the three levels in which this powerful technique works. When you complete it, you will be able to self-facilitate your sessions and harness what you've learned for daily living.

The Seminar will help you create powerful and permanent personal transformation in a relatively short period. Seminar week begins the process of mastering your Breath, understanding how it is directly connected to mastering life's force, and providing tools and instruction so you may continue self-sessions at home. It is also the first step to becoming a Transformational Breath facilitator.

you will receive

Two daily breathing sessions, each one with a specific focus
Fountain of Youth 5 Tibetan Rites | "The Work" Judgment Resolution Process
Dyadic Communication | Work on the Inner Child
Forgiveness Exercise | Prosperity Program
Sound Healing | Breathing Analysis | Bodymapping | Transformational Coaching

Gorgeous Vegetarian Food | Peaceful Countryside Location

your days

...will look something like this...

day 1

4pm onwards - arrival
7pm - dinner

day 2-6

7am kickoff
8am breakfast
9am - workshops / breath sessions (break around 11)
1pm - lunch
3pm - workshops / breath sessions (break around 5)
7pm - dinner
8:30pm - surprise!

day 7

7am - kickoff
8am - breakfast
9am - workshops / breathing sessions (break around 11)
1pm: lunch

the breath sessions

You will breathe at least twice a day, using Transformational Breath's unique combination of conscious connected breathing, body-mapping, toning and movement.

Our team of facilitators will provide hands-on facilitation and support throughout.



Indalecia Rohita Ziritt

senior trainer

Following her continuous journey (Chinese Medicine, Shiatsu & Tuina Practitioner, Sound & Voice Healer, Osho Meditations (Dynamic and Static), Osho Pulsation (Reich's work: freeing emotional feelings), Spiritual Purification, Shamanism, Akashic Records and others), Indalecia Rohita has found her passion and mission in supporting others in their unique healing process by teaching and facilitating conscious breathing in Transformational Breath® (Personal and Professional Training) - incorporating her professional and intuitive skills in a space of unconditional love.

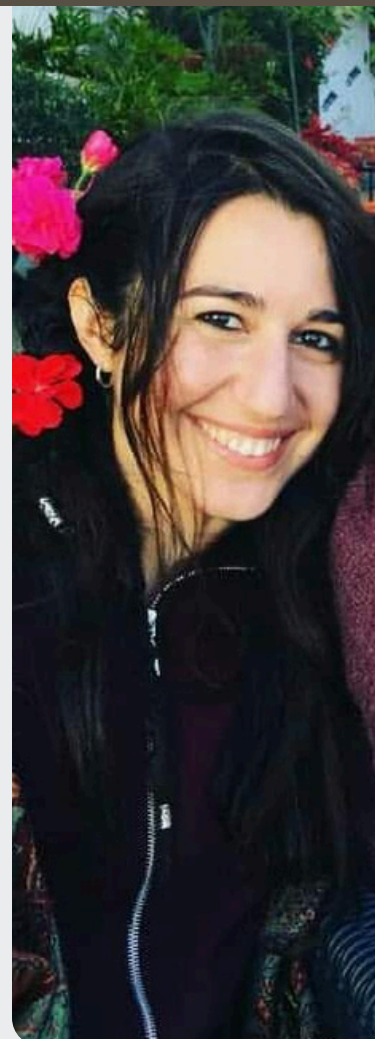
Indalecia is an Osho Sannyasin, Senior Trainer of Transformational Breath®, and Director and Co-Founder of Transformational Breath® Italy, leading breathwork trainings in Italy, France, Belgium and Portugal. Since 2000, she started taking part in the Global Inspiration Conference, held every year by the IBF (International Breathwork Foundation) in a different country, and from 2002 to 2016 she represented this organization as National Coordinator for Italy. Since then she has become an IBF ambassador. Inda has had almost 30 years of experience working with the breath and is a true inspiration to learn from.

Lena Younes

organiser & co-trainer

Based in Tavira, Portugal, Lena is the director of Inbodhi Yoga Algarve. She began working with the breath through voice and yoga as a teenager - going deeper with the beginnings of her yoga facilitation journey in 2014. She went on to complete her 500hr yoga certification with It's Yoga, founding and directing the Inbodhi Yoga Brighton studio for five years before relocating to Portugal with her little family.

She met the breath again with her first (mind-blowing) Transformational Breath session in 2018 and discovered a whole different way of being in her body since then. Over the past few years, Lena has completed the extensive Transformational Breath professional training programme as well as exploring voicework and recording and releasing four songs. Yoga and the breath have helped her recover from chronic illness as well as various surgeries and emotional traumas - they are the medicine she returns to again and again. She believes that everyone has the innate power to transform their life and well-being. Lena's vision is to weave voice, breath and movement together, inviting us all to dream and breathe a little deeper as we find a sense of connection, joy and peace, and rediscover our inner child.





the venue

golden web

enchanted, organic farm
1200 year old sacred well
ancient aqueduct
natural swimming pond
glamping tipis
renovated cottages
indoor & outdoor practice spaces



the location

East Algarve, Portugal
near Fuseta / Moncarapacho
30 mins from Faro airport

the food

local and organic
all from scratch
vegan / vegetarian
3 meals a day
creative & full of surprises





seminar tuition

€1200 early bird (book 8 weeks before) / €1500 full tuition
€500 non-refundable deposit to secure your place

food & accommodation

Shared Room: €650

Shared Tipi: €575

Private Room: €850

Private Tipi : €775

location

nearest airport: Faro

nearest train & bus stations: Fuseta

Uber, taxi or car sharing to the venue

how to book

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