

# TRANSFORMATIONS

## Transformations Breathwork Training Program Residential Training Feedback Quotes

*"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

*"All sessions were enlightening and enlivening."*

Andy - breathworker

*"It was an awesome experience feeling my own value as a teacher."*

Jayne - massage therapist

*"I gained a deeper and wider recognition of my resources, of practices, and of integration into my life and practice."*

Steve - body worker/breathworker

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

Mary - therapist/breathworker

*"I was happy to have experienced such energy in my body. I liked the focus of staying in the body. Wet breathwork was a freeing experience."*

Mary - psychotherapist

*"It helped my confidence in the role of breathworker. Personally, it deepened my curiosity and understanding of what I'm going through, normalized my fears. It was the perfect variety of experience for me."*

Clare - social worker

*"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