

Transformational Breath®

Seminar levels I-II-III
led by Joël Jégo and
Indalecia Ziritt, assisted
by French speaking
trainers and facilitators



From the 5th to the 11th
of March 2020
at Villetrun (41)
(2.5 hours, 210 km
south of Paris), France

“Experiment how Breathing is the Key to Unleash your Potential”

Eliminate restrictive breathing patterns

Learn to breathe more openly and efficiently.
Be in the flow of Life!

Clear the subconscious

Breathing transforms negative thought patterns and trauma, allowing for more expression of Love and Joy

Connect more fully with one's higher self

Access higher levels of awareness. Express from the Soul level.

This Powerful Personal Growth Residential Seminar includes Exploring the diversity of full diaphragmatic breathing in varied ways, with diverse daily Breathing Sessions, as well as the Fountain of Youth 5 Tibetan Rites, “The Work” Judgement Resolution Process from Byron Katie, Soul Dyadic Communication, Energy Exercises, Work on the Inner Child, Fun “Break-States”, Forgiveness Exercise, Prosperity Program, Sound Healing, Breathing Analysis, Body Mapping, short Pre- and Post Transformational Coaching sessions, and a Manual. And much more!



Indalecia Ziritt: Senior Trainer, Leader of the Transformational Breath® Foundation for Italy & Spain, she also leads training in other countries in Europe. Following continuous studies and experiences for many years, Indalecia consciously found the understanding of the human being potential throughout her inner personal growing, spiritual path and self-expression with different modalities: Chinese Medicine, Shiatsu, Conscious Breathing, Sound & Voice Healing... Her mission is to serve others supporting their personal growth and healing journey.



Joël Jégo: Senior Trainer, France's Leader for the Transformational Breath® Foundation. After 26 years acting in finance executive positions for corporate organisations in France and abroad, followed by an intensive path of trainings and personal development experiences, Joël moved to a career comprising executive coaching and personal development. Passionate by the transformational power of conscious breathing, his mission is to support others to improve the quality of their life both personal and professional.

Useful Information:

Location: La Picotière, Villetrun (41), France, www.picotiere.com

Times: from Thursday at 7.30pm to Wednesday at 4.30pm.

Tuition fees (*): €1,200 per person, excluding accommodation and food costs.

(* Fees applicable to French speaking individuals only.

Number of participants limited to 16



Registration Contact:

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Registration online in the tab “Seminar” of the website www.respireplus.com

More information about Transformational Breath®: www.respireplus.com