

Transformational Breath®

Seminar levels I-II-III
led by Joël Jégo,
co-trained by
Laure Primorac,
assisted by French
speaking Facilitators



From the 6th to the 12th
of March 2021
at Géhée (36240)
(3 hours 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!



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.



Laure Primorac: Trainer in Transformational Breath®. After having held for several years communication and public relations manager positions, her professional career and her experience have been oriented towards therapeutic support for more than 10 years, which led her supporting a large number of people in their personal development. During this path, Laure also trained in sophrology and coaching.

Useful Information:

Location: Château de Touche Noire à Géhée (36240), France.

Times: from Saturday at 7.30pm to Friday 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



Transformational Breath®

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

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