

# Transformational Breath®

**Seminar levels I-II-III**  
led by Joël Jégo,  
assisted by  
Isabelle Chave and  
French  
speaking Facilitators



From the 24<sup>th</sup> to the 30<sup>th</sup>  
of July 2021  
at Villers-en-Prayères  
(02160)  
(2 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:** Transformational Breath 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.

**Isabelle Chave:** Transformational Breath Trainer Intern. After 27 years of experience in the banking sector acting in project management and then in Human Resources, Isabelle moved to human coaching, as a trainer and coach for managers and executives. Fostering personal and professional changes that allow everyone to once again become the author of their life, is the mission she has since given herself by combining the therapeutic approach to breathwork with coaching.



## Useful Information:

**Location:** Villers-en-Prayères (02160) France.

**Times:** from Saturday at 7.45pm 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®

## Registration Contact:

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Registration online in the tab  
“Seminar“ of the website  
[www.respireplus.com](http://www.respireplus.com)

More information about  
Transformational Breath®:  
[www.respireplus.com](http://www.respireplus.com)