

TRANSFORMATIONS



Therapeutic Breathwork Residential and Virtual Trainings

August 11-15, 2025

Jim Morningstar, PhD, and the TBTP Staff

These trainings will be conducted in person and virtually at
the gorgeous [Cedar Valley Retreat Center](#).

Level 1 BASIC THERAPEUTIC BREATHWORK TRAINING
Level 2 ADVANCED THERAPEUTIC BREATHWORK TRAINING
Level 3 BREATHWORK TRAINER APPRENTICESHIP

Our **In Person Trainings** are held in a private retreat center in the luscious countryside of Central Wisconsin amid 100 acres of forested hills with a pond for outdoor breathwork and ample hiking trails. Safety practices are observed by all staff and visitors. Tuition for training including lodging and meals:

Double occupancy - \$1,995 USD

Single occupancy (limited) - \$2,225 USD



Our **Virtual Trainings** will consist of daily live streaming and interactive practice sessions. Supervision will be conducted for online individual, group and wet sessions. Teaching sessions will be recorded and made available,.

Tuition for Virtual Trainings: \$1,110 USD

Register and Deposit Payment: check or money order in USD to:
Transformations 4200 W Good Hope Rd. Milwaukee, WI 53209 USA.
or via Zelle to jim@transformationsusa.com

Discount \$30 when paying in full by these methods or

Pay online at: <http://www.transformationsusa.com/products.php>

enter tuition amount under: *Workshops and Trainings with Jim Morningstar, Ph.D.*

Early Bird Bonus: For those registering and making payment in full or a \$300 deposit before May 1, 2025, a free copy of eBook *Breathing in Light and Love* or *The Complete Breath*.

The Transformations Breathworker Training Program is one of the longest standing breathworker training programs in the world. Our trainings are certified by the Global Professional Breathwork Alliance www.breathworkalliance.com and approved for continuing education credits through NBCC and NAADAC

For information: info@transformationsusa.com

Basic Therapeutic Breathwork Training

Jim Morningstar and TBTP training staff

The purpose of this residential training is to teach breathwork skills to those in the healing professions.

Breathwork is a science and healing art which uses conscious breathing practices to explore, release and integrate mental, emotional and physical energies and assist clients to:

- Resolve chronic holding patterns in mind, body and spirit
- Release emotional material stored within the muscles and tissue
- Unravel relationship patterns that interfere with a sense of personal well-being
- Experience a felt sense of self love in their bodies.

Participants will learn to:

- Identify ineffective breathing patterns
- Teach healthy breathing skills to individuals and groups
- Use breathwork to address issues of trauma recovery, depression, anxiety and addictions
- Integrate breathwork into their standard clinical practice
- Utilize water as a medium for breathwork and facilitated movement
- Monitor and release personal issues that interfere with clarity as a practitioner.

Advanced Therapeutic Breathwork Training

Jim Morningstar and TBTP training staff

The purpose of this advanced training is to give direct and intensive supervision to professional breathworkers in a supportive healing setting. This is an opportunity to reach a new level of mindfulness in one's work as a healer. The limited size of the group allows for more immediate feedback from the trainers.

Participants will learn to:

- Apply principles of breathwork and advanced energy reading and healing techniques with a variety of clients
- Integrate and expand present clinical skills into supervised breathwork sessions

- Practice dry, wet and group breathwork and group leadership
- Heal and clear self while giving highest service to clients
- Become a more confident and competent breathworker.

This training is for those who have already done breathwork sessions with others and who are ready to dramatically enhance their professional skills. There is an application and selection process with limited enrollment. A certificate of completion is awarded as well as an appropriate level of Breathworker Certification.

Breathwork Trainer Apprenticeship

Jim Morningstar and TBTP training staff

Professional breathworkers who are seeking to enhance skills as trainers will work under the direct supervision of the Transformation Breathwork Training Staff.

Trainers will Learn to:

- Coach breathworkers to maximize their talents
- Facilitate in the planning, content and flow of training programs
- Increase confidence in constructing successful learning experiences
- Orchestrate teamwork in a training.

To share the secrets of breath is to give the gift of life.

We are one of the oldest training centers in the world for the certification of dyadic breathwork and endorsed by the [Global Professional Breathwork Alliance](#). [Therapeutic Breathwork](#) is both comprehensive in teaching faster and slower than normal breathing techniques as well as inclusive in blending this with other healing modalities. Approved for continuing education credits through NBCC and NAADAC. Our training staff brings together healing energies from around the world. These breathwork trainings are designed to fit your current needs and help you take the next step in learning the art and practice of a breathworker ([4 levels from beginner to trainer](#)). They are only offered every other year. Contact me with any questions 414 530 4649 jim@transformationsusa.com. ~ Jim Morningstar

This is truly a transformative week, as previous participants have attested:
"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

"A safe, fun, loving environment that I recommend highly to anyone interested in healing."
 Mary - therapist/breathworker

"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