

TRANSFORMATIONAL BREATH SEMINAR



Master your breath,
Transform your life





Personal Seminar

A 6-day intensive residential retreat — more than a seminar: an immersive experience designed to transform your breath and your life from the root.

- Personalized facilitation: analysis of your breathing pattern, body mapping, transformational coaching, and emotional release techniques — all guided by a team of certified facilitators.
- Holistic approach: includes sound healing, Inner Child work, the Five Tibetan Rites, and The Work process for judgment resolution.
- Fully immersive experience: mandatory residential stay to support deep inner work in a natural and safely held environment.



What's Included:

- At least 2 daily sessions of Transformational Breath®
- Breath analysis, anatomy, and theoretical foundations
- Guided meditations and intensive coaching
- Personalized support throughout the retreat
- Sound healing sessions
- Complete content guide/manual
- All meals included (vegetarian and vegan options available)
- Accommodation in a private or shared room



Schedule

- Day 1: Arrival & Welcome
 - From 4:00 PM: Check-in and accommodation
 - 8:30 PM: Welcome dinner
- Days 2 to 6
 - 7:00 AM: Movement & sound to start the day
 - 8:00 AM: Breakfast
 - 9:00 AM: Workshop & breathwork session (with break)
 - 1:00 PM: Lunch & rest
 - 3:00 PM: Workshop & breathwork session (with break)
 - 8:00 PM: Dinner
 - 9:00 PM: Meditation or evening activities
- Day 7: Integration & Closing
 - 7:00 AM: Morning breath practice
 - 8:00 AM: Breakfast
 - 9:00 AM: Final session & closing circle
 - 1:00 PM: Farewell lunch



Indalecia Rohita Ziritt

Senior Trainer

Indalecia's journey has always been guided by a deep quest for healing and inner connection. Over the years, she has explored various disciplines such as Chinese Medicine, Shiatsu, Tuina, sound and voice healing, dynamic and static Osho meditations, Osho Pulsation—based on Reich's work for emotional release—spiritual purification, shamanism, and Akashic Records.

In 1994, she began her journey with Rebirthing, an experience that marked the beginning of her connection with conscious breathing. In 2001, during the World Breathwork Conference, she met Judith, with whom she discovered Transformational Breath®, initiating a new and profound healing process through breathwork.

Each experience brought her closer to her true passion and mission: to support others in their unique healing journey. She found in Transformational Breath® a deeply transformative tool, integrating both her professional knowledge and natural intuition into her practice, creating spaces sustained by unconditional love.

As a Senior Trainer and Co-founder of Transformational Breath® Italy, Indalecia leads trainings in Italy, France, Belgium, and Portugal, sharing her experience and wisdom with people from around the world. Her connection with conscious breathing has also led her to participate since 2000 in the Global Breathwork Conference of the International Breathwork Foundation (IBF), where she served as Italy's National Coordinator for fourteen years and is currently an ambassador.

With nearly three decades of experience, Indalecia is a passionate and inspiring guide. Her presence and knowledge invite those around her to reconnect with their essence and discover the healing power that resides within their own breath.



Lot De Clercq

Group Leader & Assistant

Lot's personal and professional path has always been deeply connected to the exploration of the human being. For over twenty years, she worked as a psychotherapist and supervisor, supporting adults and young people in discovering the hidden corners of their minds and emotions. Her ability to listen deeply and hold space for others was her way of being in the world—until a profound rupture changed the course of her life: illness brought her to a complete halt.

In the midst of silence and disconnection from the outside world, she began to hear something she had ignored for years: her own body. This process led her to understand that we are much more than thoughts and words, awakening in her a new way of inhabiting herself—more authentic and conscious.

It was then that she discovered Transformational Breath®, an experience that marked a clear before and after. Through breathwork, she found freedom, energy, and health, reconnecting with essential values such as authenticity, connection, nature, and love.

Since 2022, she has dedicated her life to sharing this powerful tool, offering individual sessions in her studio in Ghent and collaborating in trainings in Belgium, Italy, and Portugal.

Lot supports people in reconnecting with their bodies and essence through breathwork, creating safe and presence-filled spaces. Her sensitivity, intuition, and deep respect for life make each session much more than a practice: it is a journey to oneself, one breath at a time.



Adara Guillén Flórez-Estrada

Group Leader & Organizer

Adara has always felt that her mission was to help others, which is why she chose to study Law, convinced it would be the best way to do so. However, life showed her a different and far more fulfilling path to accompany and transform people's lives.

A serious back injury marked a turning point in her story. During her recovery process, she discovered the Pilates Method, through which she was able to reconnect with her body and experience profound healing. This experience awakened in her the desire to share that transformation and help others find their own well-being.

Thus began her training in Pilates, physical rehabilitation techniques, fitness, and yoga—disciplines that not only strengthened her body but also led her to reconnect with her breath and inner world. Her passion for the connection between body, mind, and emotions, along with a deep yearning to heal, guided her to Transformational Breath®, a practice that opened new doors to self-awareness and holistic well-being.

Today, Adara supports others on their journey toward inner balance, combining all these tools to offer a holistic approach to healing and personal reconnection, guiding each person to rediscover themselves and uncover the transformative power that lives within their breath.

The Venue



With 100 hectares of private land, Terra Rosa offers the perfect getaway for reconnection. It is located:

- 1 hour from Barcelona
- 35 minutes from Girona
- 20 minutes from the nearest train station, Sils
- 15 minutes from the stunning beaches of Tossa de Mar

Accommodation & Full Board

6 nights in a
private or
shared room
with 3 vegan &
vegetarian meals
per day



Book your place



- Seminar price: €1,350. Early Bird (up to 2 months before): €1,215
- Accommodation and full board prices:
 - Private room: €810
 - Double room: €720
 - Triple room: €630

(With private or shared bathroom, choice available at booking)

To secure your spot, a non-refundable deposit of €500 is required. You can make the payment directly through the website or contact Adara at +39 3427414696.





Contact

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