



Brian Williams Transformational Breath Newsletter

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What a year 2020 has been so far! Who could have predicted the events that have unfolded? Lucy and I hope that you are well and finding your own peace, balance and harmony in this special time.

We had been staying in Majorca over the winter and when it came time to go home to Northern Ireland in mid-March our flight was cancelled. We took a decision to remain in Majorca during the lock down and plan to return home in early July.

It was amazing to have guests join us for Rejuvenating Getaways, staying with us in our rural home and breathing every day. We managed, just before the lock down, to lead a beautiful workshop which was organized by Transformational Breath Facilitator, Christine Poignie.



Online Training Course



The Transformational Breath Foundation was quick to respond to the challenges of the Coronavirus outbreak. Traditional breathing sessions are so hands-on but somehow the technique had to be adapted to an online format. In a matter of weeks a high quality online training programme was produced and offered to all Facilitators, Trainers and Senior Trainers. There has been general agreement that the training package has been to an exceptional standard and Lucy and I are now Certified Transformational Breath Online Facilitators.

Online Breathing Sessions

We now give online breathing sessions and are totally amazed at just how good they are and the incredible results that our clients are experiencing. Online sessions are here to stay! When a reservation for a session is made a Zoom link is sent as well as a TBF video on how to set up for the session and an online registration form. During the actual session there is coaching towards setting an intention, breath dancing and a 25 minute breathing session. Lucy and I

guide our clients to press on acupressure points and the session follows the pattern of a face-to-face individual session. For a limited time period we are offering these online sessions at a price of £40. This reflects the shorter time involved and also that many people are having a difficult time financially. To book a session contact Brian by email at brianwilliamstb@gmail.com and Lucy at lucy@k2W.co.uk

Testimonial Sharon Murray

I've had quite a few online breathing sessions with Brian and I'm absolutely blown away with what online breathwork can do to transform and integrate emotions that have been stored in the body. The breath has allowed me to ignite my inner light, to release fear and accept what I battled against for years and my inner torment. Now released, and thanks to Transformational Breath® Senior Trainer Brian Williams, I'm truly grateful. He's a gentleman and a soul trooper here to help us find the gateway to freedom. Brian was very present with me, holding safe space without judgement. Even though it was online I felt completely safe with him and had a wonderful energetic connection.

Testimonial Salma Elamin

Transformational Breath® has been life changing for me and working with Brian online has been instrumental. Regular Zoom sessions have allowed me to understand myself more, recognise my thoughts and my limiting beliefs and work on them to achieve better choices for myself. I find Brian gentle, understanding, present and very supportive. I am very grateful for the connection and the experience we create and I look forward to working with him again soon.

Breathing Circle



It's our intention to hold a regular online Breathing Circle once we return to Northern Ireland. Details will be circulated when we know them.

Seminars in 2020

With the Coronavirus outbreak we have had to cancel our April seminar in Benburb Priory in Northern Ireland and our May seminar at Stony Point, New York. There is considerable interest in our seminar from 1 – 7 August at Benburb Priory and we hope that it may happen. Details are on the website www.brianwilliams.xyz In the event that the seminar does not go ahead there will be a full refund of the deposit. Caution is the word and we will only go ahead within

government guidelines and with the permission of the Transformational Breath Foundation.

There is also a seminar from 24 – 30 October so if August doesn't happen there may be another opportunity to attend a life-changing breathing retreat in 2020. The seminar at Stony Point, New York has been rescheduled for May 2021 and actual dates will be published in due course.



Benburb Priory Courtyard

How May We Help You?

Despite all the upsets and difficulties of the present situation it is also a wonderful opportunity to step back from the everyday and focus on yourself. Make time to nurture your inner self, meditate and breathe, breathe, breathe. If you would like to book an online session, come to one of our seminars or join a breathing circle contact Brian at brianwilliamstb@gmail.com

If you would like to talk about what is best for you contact Brian by WhatsApp on 00447710879967 or Lucy on 00447855938235. Details about our sessions and events are on www.brianwilliams.xyz