



# BREATH AND LIFE TRANSFORMATION

MAY 31ST – JUNE 9TH, 2025.

When Was The Last Time You Felt  
So Overwhelmingly Wonderful?

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# WHAT IS THE BREATH AND LIFE TRANSFORMATION TRAINING?

The Breath and Life Transformation (BALT) seminar is the heart and soul of the GBA project. With its roots settling in over 20 years ago and its continuous evolution throughout time, hundreds of students have been through this path of transformation. The longevity of this training is proof of its own—this is not a fad. This is training meticulously designed through each student's experience to help you reconnect with yourself, with peace and joy, and to eliminate old pain locked in the cellular memory of the body through the power of breath.

For those who can't let go of that one pain (physical or emotional), those who have suffered, those who seemingly have it all but struggle to reach moments of inner peace. This journey is for you, built by people like you.

# WHAT IS THE BREATH AND LIFE TRANSFORMATION TRAINING?

During BALT, not only will you be provided with tools and practices to address past experiences, break old patterns, and restore natural breathing, but you will remember what real, pure joy feels like.

By the time you finish BALT, your experience in Samothrace becomes a focal point; the place you go back to when you want to feel at peace. Whether you're new to breathwork and seek meaningful self-work, or an experienced therapist, breathworker or healer, we can guarantee you will take leaps ahead with your relationship to self, your regulation mechanisms and your own practice when you complete this course.

# OUR UNIQUE APPROACH:

*Rebirth Breath Therapy*

Developed by Katia Boustani, a breathwork master with over 30 years of experience, Rebirth Breath Therapy® (RBT) is the core methodology behind BALT. This approach integrates traditional Rebirthing Breathwork, psychology, elemental work, and bodywork to help you achieve lasting peace, joy, and bliss.

RBT combines Breath Mastery, Mind Mastery, and Energy Mastery, offering tools that empower you to continue self-work long after the seminar.

GLOBAL BREATHING AWARENESS

# WHAT YOU'LL EXPERIENCE

## REDISCOVER PARTS OF YOURSELF

Educate yourself on tools to reframe past experiences, turning them into sources of strength and resilience. This practice helps you gain control over your narrative and reshape your outlook on life.

## MEET YOUR ENERGY BODY AND THE LAYERS OF HUMAN CONSCIOUSNESS

Experience the profoundness of the energy cycle and the internal journey Rebirth Breath Therapy® takes you on.. A full energetic, sensory and often visual trip through your psyche using the single key - your breath.

# WHAT YOU'LL EXPERIENCE

## PURIFICATION WITH THE ELEMENTS

Through elemental Purification and Energy Mastery, we focus on deeply cleansing your energy body while fostering a close connection with nature. We work with the foundational forces of Fire, Water, Air, Earth, and Love, to restore balance and harmony within.

## UNWIND YOUR BREATHING MECHANISM

Identify and correct breathing deviations that have impacted you since birth. Restoring a natural, full breath opens the door to a freer, more authentic life.

# WHAT YOU'LL EXPERIENCE

## COMMUNITY SUPPORT

Build true relationships with a community of like-minded souls who thrive in the support of each other. For us it is one of the biggest blessings - seeing each group flourish in love and respect as their core value, building bonds that last a lifetime. .



“Whoever learns about their breath at this level is ensured of massive shifts and revelations.

Breathe your way to mindful freedom – embrace emptiness, enhance energetic peaks.”

-Katia Boustani, 2018



# THE LAND: SAMOTHRAKI

*In Samothraki, the veil is thin.*

Samothraki is no ordinary island. Samothraki is no Mallorca or Mykonos. Samothraki is the source of life itself. This mystical island is located in the northern part of Greece and never stops surprising us.

The land is fully covered with thick flora and majestic fauna, the food is fresh and delicious, and the steep mountain abundantly flows with over 600 rivers and waterfalls ready to be explored.

Ancient trees and rocks cover the hills ready to be discovered, every crevice of the island hiding a new magical place to rest and cool off from the warm summer days. If fairies and elves exist, they are definitely lingering in the mystical forests and complex river systems of Samothrace that have formed over millions of years. Pure and untouched.

# DAILY STRUCTURE

- 09:00 - Morning breathing, stretching - yoga or body awareness exercise, group affirmations
- 10:00 - Class & meditation led by Katia Boustani,
- 13:30 - Lunch Break
- 14:30: RBT Processing & Breathwork sessions

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Each day has its flow and some days daily structure may vary depending on stunning field trips or spontaneous sharing/Q&A sessions.

# CURRICULUM

Day 1: Introduction To Rebirthing

Day 2: Conscious Conception

Day 3: Birth Trauma, Conscious Birth

Day 4: Primary years And Ego Development

Day 5: Day off - Spiritual Purification With The Elements

Day 6: School trauma

Day 7: Adolescence And Forgiveness

Day 8: Emotional Responsibility & Conscious Erotic Relationships

Day 9: Prosperity Consciousness

Day 10: Sharing & Love Saturation

# WHO IS IT FOR?

This seminar is ideal for anyone looking for profound personal healing. Whether you are new to Breathwork or not, you will be carefully and individually guided according to your own level of knowledge. If you seek a way to explore your inner self, release past constraints, and transform your life's trajectory with practical tools and community support, BALT is the place to start.

Please kindly consider: With our years of experience, we recognise that the willingness of each individual and the bonding of the group are important factors to each person's experience. Creating a safe space is our first priority. Kindly only reach out if you are serious about your progress and respectful of other people's processes along yours.

# WHAT WE OFFER

- 10 Days - Breath and Life Transformation training
- 10 high-quality 1:1 breathwork sessions supervised by a certified RBT professional.
- Receive personal guidance for the first 10 days.
- Prerequisite clearance for further certification as a Rebirth Breath Therapy breathwork professional.

[BOOK A CALL](#)

GLOBAL BREATHING AWARENESS

# PRICING & PAYMENT

- Monthly instalments - 3700€
- One - time payment - 3500€
- Community support (Daily work exchange / 3 spots available) - 3100€

Prices do not include VAT,

Please if you're in the place to afford full price, do not take a community support ticket from a person that needs it.

Food & Accommodation are not included


[BOOK A CALL](#)

GLOBAL BREATHING AWARENESS


# A PATH TO MASTERY

The Breath and Life Transformation (BALT) seminar serves as the foundation for our larger Breath and Life Mastery (BALM) Training, an advanced programme for those interested in mastering breathwork and becoming certified practitioners. BALT provides the essential skills and understanding needed for personal growth.

For those inspired to go further, BALM deepens this practice, training you to use breathwork as a transformative tool for both yourself and others.

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“Rebirth Breath Therapy allows us to return to our most authentic self, where peace, joy, and bliss become our natural state.”

– Katia Boustani