

Questions for Dave and Pat Krajovic – Transformational Breathwork

Bill Zirinsky: *I have heard that the two of you are doing very exciting work, focused on transformational breathwork. In a nutshell, what is transformational breathing?*

Dave and Pat Krajovics: Transformational Breathing is a transformative and self-empowering way to create great change in your life. It uses not just connected breathing, but many other tools like sound healing, personalized affirmations, movement, and others. Many people tell us that words are inadequate to describe the process. It simply needs to be experienced to be understood.

BZ: *Dave, you mentioned to me that you came out of a business background. What were you each doing in your “previous careers” and how did you come to be involved with breathwork?*

Dave Krajovic: My background is in accounting and finance. I am a CPA, have an MBA, and have worked in various management positions. Pat also has an MBA, an MPA, and worked as a director of a domestic violence shelter program, as well as a manager in large, private law firms.

One day, Pat said, “I have had enough. I am not happy with the way life is.” That led her on her journey of exploration and it led me to a point of resisting everything she wanted to do. At some level, I knew that if I did not change, we would not be together. Our paths took us to massage school together (it was kind of like date night), advanced training in many healing modalities, shamanic journeys, sweat lodges, warrior weekends and others. Eventually, it led Pat to yoga and through Pat’s yoga instructor to Transformational Breathing. Of all we have experienced, nothing had the power to change so much -- in so little time, with so little effort -- as did Transformational Breathing.

BZ: *Pat, what do you love about your work with breath?*

Pat Krajovic: I love the power yet gentleness and simplicity of the breath. I love when a person trusts and commits to the process, and their true nature unfolds. I am privileged to be a witness and facilitator of the unfolding.

BZ: *Dave, what do you love about your work with breath?*



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Dave Krajovic: I love being in the high vibration energy of the breath and seeing the expression of truth on a person’s face. It is something that words seem inadequate to describe. I am deeply honored to be a part of this process.

BZ: *I see that you have created an organization called the Global Breath Institute, and also that the Institute has a fine website. And you both travel around the country doing Breathwork programs. Very concisely, can you describe to us your vision for the Institute?*

Dave and Pat Krajovic: Our dream is to bring the breath to all people in all corners of the world who wish to reach to a higher level of being. We have experienced the power of a regular breath practice in our own lives. We want to share this gift with

The Crazy Wisdom Calendar

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 22 and Dec. 10, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Babies 18 months and younger free. For information, call 665-2757, lily@crazywisdom.net.

Theater

The Blonde, The Brunette, and the Vengeful Redhead by Robert Hewett through Performance Network Theatre • Sept. 10-Oct. 11 • Everyone has a version of the day a very desperate housewife committed a crime of passion in the shopping mall, but you won’t know all the secrets until the final moments. Suzi Regan plays all seven rolls in this funny, twisted murder mystery about love, betrayal, and revenge. \$27-\$39. Call 663-0696, performancenetwork.org.

Christmas Carol’d by Joseph Zettelmaier and David Wolber, Story by Charles Dickens through Performance Network Theatre • Nov. 19-Dec. 27 • Five actors play over 40 roles in this fast-paced, gleefully inventive new adaptation. A fresh, fun holiday event the whole family can enjoy. \$27-\$39. Call 663-0696, performancenetwork.org.

William Shakespeare’s Pericles with Pigeon Creek Shakespeare Company • Dec. 20, 2-4 p.m. • Pericles features a fairytale plot complete with a 14th century poet as narrator, a lost princess, an evil queen, and a family separated and brought back together. The show includes afterglow and wassail bowl with the actors. \$15. Call Creative 360 at 989-837-1885, creed@becreative360.org.

Therapy & Support Groups

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, TBA • Learn and apply concrete strategies for getting a grip on your anxiety - excessive worries, social anxiety, panic or phobias. Apply cognitive-behavioral therapy in a supportive atmosphere. A Michigan Limited License permits practice under the supervision of a Michigan Licensed Psychologist (Nathan Claunch is responsible for this listing). \$45 per session. Call 973-3100, lauriekrauth.com.

others. Norman Lear said, "If you could put everyone in a room and breathe them, the world would be a better place." We couldn't agree more.

BZ: Tell us about the CD's on Breathwork that you have produced, please.

Dave and Pat Krajovic: We developed two CD's, *Divine Breath* and *Spiritus Animus*. Each CD takes the breather on a journey of exploration and release. *Divine Breath* is perfect for the beginning breather and for those that want a powerful but less in-depth breath session. It marries a Transformational Breathing (TB) session with a clearing meditation invoking Archangel Raphael.

In contrast, *Spiritus Animus* is a 55-minute breath session, allowing the breather to go deep into the process of TB. It is perfect for new breathers as it guides them in the process, but also for experienced breathers as well.

BZ: Can you tell us about two or three books on Transformational Breathwork,

Orr, who is the creator of Rebirthing, from which Transformational Breathing evolved.

BZ: Do you have children? If so, how old are they? And how do each of them respond to, and relate to, your work with breathing?

Dave and Pat Krajovic: We have five children, 3 boys and 2 girls, ages 42, 40, 39, 23 and 21. We have 4 grandchildren. The three older children have breathed. Our oldest son, who has chronic sinus issues and severe allergies, has said that it was only in a TB session that he first experienced the feeling of a full, satisfying and open breath. The two younger ones have not done full breath sessions. Chris, our 23 year old, is in the Marine Corp. He has served in Iraq twice. Before his first deployment, we taught him what is called "100 Breaths", which is a technique used to restore energy and balance, bring focus, quiet the mind, and open space to the Divine. He wrote to us from Iraq thanking us for the teaching and telling us he used the breath to help control stress. This work is really powerful, even in just 5 minutes of breathing!

Our grandkids are a little easier. We have done mini sessions with them and they are open to the flow of the breath. It's fun working with kids.

BZ: And your parents, if any of them are alive and well. What have been their responses to your work, and to how you've changed in doing this work?

Dave and Pat Krajovic: Our parents are alive. Pat's parents are not as informed about or involved in our work. Dave's parents became very interested when they saw the change in our lives. They learned the techniques and practice TB in their own lives. They are committed to the breath and moved by the insights and awareness they have gleaned from their breathwork. We do TB in the Pittsburgh area regularly, and they are frequent participants at the workshops!

BZ: Pat, what outdoor activity in the fall do you most look forward to, in southeastern Michigan?

Pat Krajovic: I love going to the apple orchard. Last year, some friends joined us to create a truly memorable event. We rented canoes on the Huron River and paddled to the orchard. Now that was a blast! It combined two of my favorites: being on the water with the visit to the orchard. What a day!

BZ: Dave, where is your favorite place in southeastern Michigan to go to, when you want to breathe in fresh outdoor air and take in nature?

Dave Krajovic: We both enjoy going to the Arboretum in Ann Arbor, Kensington Metro Park and Mayberry State Park. We also take great respite in our backyard, which has a variety of plant life, perennials and annuals.

BZ: Thank you both very much!

Dave and Pat Krajovic: It is our pleasure. We appreciate all you do.

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Pat Krajovic, Judith Kravitz and Dave Krajovic. Judith Kravitz is the author of *Breathe Deep, Laugh Loudly*, a book about Transformational Breathwork.

or books on the Breath and Breathing, which you highly recommend?

Dave and Pat Krajovic: There is only one book on Transformational Breathing that we are aware of. It is *Breathe Deep, Laugh Loudly* by Judith Kravitz who is a co-creator of the work. Other books of interest would be *The Presence Process* by Michael Brown, *Conscious Breathing* by Gay Hendricks, and anything by Leonard

Creating Internal Resources with Cam Vozar • Oct. 14, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. \$10. Call 747-9073, cam.vozar@gmail.com.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • Either Monday or Tuesday night, based on interest • This process-oriented therapy group will guide women to move beyond 'surviving' life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to 'thrive' and block the expression of your most genuine self. \$40 per session. Call 930-0864.

Falling Awake: A Mindfulness Approach for Depression and Anxiety with Lynn Sipher • Eight Thursdays, Oct. 15-Dec. 10; 6-7:30 p.m. • A skill based class to help you stay out of the negative thoughts and feelings that come with depression and anxiety. \$320. Call 332-3365, lynn@sipher.com.

Support Group for Highly Sensitive People with David Frankel • Monthly sessions TBA • The support group is based on Elaine Aron's book *The Highly Sensitive Person: How to Thrive when the World Overwhelms You*. David shares his successes and setbacks and facilitates sharing among group participants. Donations accepted. Contact leafimprint@yahoo.com.

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-Up organized by Dennis Hunt • Sept. 12, 2-4 p.m.; Oct. 3, Nov. 7, Dec. 12; 2:30-4:30 p.m. at Crazy Wisdom Community Room • We will discuss the philosophy of Ken Wilber and related topics. \$5-\$10 suggested donation to cover costs. Call 658-7619, kenwilber.meetup.com.

Women's Health

Women and Mid-Life! with Sissel Bridges • Sept. 18, 19, Oct. 10 or Nov. 14; 9:30-Noon • If your life were a plant, what would it need? Menopause is a transition into a new season in your life. It is not an illness or disease. We want you to really feel confident and healthy. The end of one thing is always the beginning of another. Get to know more about what you want in your life, and make it happen in this two and a half hour class. \$25. Call 340-3766, activecoaching.biz.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 62.