



Music and Transcendence

A six-day intensive course in Holotropic Breathwork

With Vicky Nicholson

**3rd – 8th June 2018, Poatina Village, Tasmania
Australia
A Grof Transpersonal Training Module**

This workshop is an exciting and transformative journey through the world of music. Sound and rhythm have always been vital creative and spiritual tools for transformation. Music has even been called the language of the soul. This is a special opportunity to learn first hand the role music plays in the healing potential of Holotropic Breathwork.

In addition we will explore strategies for integrating the Holotropic perspective as a tool for everyday living.

Topics include:

- 1) The role of music as a tool for transformation
- 2) How to create a Holotropic Breathwork music set
- 3) Group work: history, theory, practice and challenges
- 4) COEX Systems: how to work with multi-level patterns
- 5) Facilitator self-care
- 6) Running your own workshops: venue, pricing and marketing

This six-day workshop includes **four Holotropic Breathwork sessions**, as well as art, music, group and integration work.

Participants will have the opportunity to experience Holotropic Breathwork, a powerful approach to self-exploration, transformation, and healing that combines breathing, evocative music, and release work to explore the deeper dimensions of the psyche. This workshop will be useful to both laypersons and professionals seeking a more authentic and fulfilling lifestyle.

This will be a very experiential workshop. Besides the breathwork itself, all of the teaching is geared to participants having a direct experience of their own journey. We will work with music, film and ritual practice to engage the Holotropic principles in a very personal, embodied way.

The Workshop:

The workshop is a full time, live-in intensive, designed for anyone with a deep interest in Holotropic Breathwork™ and Transpersonal Psychology. It may be credited towards the seven modules in the Grof Transpersonal Training program for certification as a Holotropic Breathwork Practitioner. This is also a valuable experience for those people who do not wish to become a practitioner. Included in the module will be a combination of personal experience with Holotropic Breathwork, facilitation of others on a one to one basis, group sharing and other experiential practices.

Please Note: Contraindications for Holotropic Breathwork are pregnancy, heart disease and other cardiovascular problems, epilepsy, glaucoma, or a history of severe emotional disorder or hospitalisation.

Call for more information. Mobile: **(+61) 0400848970**

Vicky Nicholson, Ph.D., has a passion both for Holotropic Breathwork and education. She has worked on staff at GTT training modules since 2005 in Australia and the US and coordinates the Australian modules. She is particularly interested in working with her community and learning to live the Holotropic principles and paradigm of moving towards wholeness as a daily spiritual practice in every-day life.

She is an educator in Tasmania, Australia and works alongside Aboriginal people to support teachers and students to improve educational outcomes, particularly for Aboriginal children. Teachers are encouraged to explore and live from an increasingly holistic worldview, as understood by Aboriginal people, to more fully realise their potential as educators for themselves, their students and school communities.

Vicky's PhD dissertation addressed 'Questions of knowing and pedagogic relationship' that examines the relationship between effective teaching and how we know ourselves.

She is particularly moved and filled with gratitude to be allowed to be a witness to people's deep journey work as they venture into their soul through Holotropic Breathwork, as she herself has been witnessed and supported by others on her own journey.

Venue: Poatina Village, Tasmania, Australia

The village is about a forty-minute drive from Launceston Airport and a two-hour drive from Hobart city. Poatina Village is an historic 'Hydro' village at the foot of the Great Western Tiers of Northern Tasmania. It is operated by the resident community and has a range of shops, cafes and a tiny petrol station that is run by one of the volunteers. We will be using the large hall for breathwork and will be staying in the Chalet Motel, adjoining Backpackers or one of the nearby Mountain Cottages. All meals will be served in the spectacular View Restaurant/Cafe overlooking the mountains.

Cost: (Australian dollars)

\$1850 single room

\$1675 twin/double room

\$1550 single backpacker room with shared bathroom

\$1400 shared backpacker room with shared bathroom

Mountain cottages for 2 to 4 people in pre-arranged groups: POA

Prices include tuition and full meals and accommodation for the duration of the module. All rooms and cottages are well appointed and comfortable. Please ask about payment plans.

What to Bring:

For Breathwork sessions:

A blanket, two single sheets (1 fitted), large cushions and pillows for 'sitting', a towel and loose comfortable clothing for wearing during sessions.

For other times:

Comfortable indoor and outdoor clothes, a notebook and pen.

For further details, please contact:

Vicky Nicholson, Grof Transpersonal Training.

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No prior Holotropic Breathwork experience is needed to attend this event. It is not necessary to be in the training program to attend and those new to Holotropic Breathwork are welcome; the workshop is open to anyone interested in the topic and in doing their own deep inner work. For those in, or interested in, the practitioner training, this workshop counts as a elective module toward certification and may be applied retroactively for those who do decide to enter the training program for certification in Holotropic Breathwork.