

Grof Transpersonal Training

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www.holotropic.com

Warm greetings,

We hope you can make it to the gorgeous mountains of Taos and the welcoming Columbine Inn for the 2018 summer modules. These six-day retreats offer a unique opportunity to deepen your process of self-exploration. The first week will be '**Jung, Alchemy and the Transformation of Consciousness**' with **Diane Haug and Monika Wikman**. The second week brings the highly enjoyable and extremely useful mandatory module, '**The Power Within: The Practice of Holotropic Breathwork**' with **Vicky Nicholson**.

These six day residential retreats are designed for anyone who is interested in the topics or in the journey of self-exploration, discovery and transformation. And for those who are moving toward becoming a certified practitioner of Holotropic Breathwork, both modules count towards certification and both are required topics. Lenore Reinhart will again bring her cooking and baking magic.

To register for either or both weeks, please complete the registration and medical forms at the end of this flyer and return to gtt@holotropic.com or to the postal address shown above

If you are already a certified HB practitioner, your fee is reduced by \$150. If you are certified, either module counts toward your requirement for continuing professional development.

WHAT AND WHEN:

Jung, Alchemy and the Transformation of Consciousness (open to all, and counts as a required topic for those getting certified). Saturday, July 28, to Thursday, August 2, 2018 with **Diane Haug and Monika Wikman** and GTT staff. In this module, we will explore the world of archetypes, dreams, myths, shadow, symbols, alchemy, individuation, and astrology. It will be a rich, creative journey into the depths of the psyche and the reality of the psychoid, through the work of Carl Jung and alchemy. The retreat will be highly experientially, to intricately support and illuminate our own transformational processes. We will dive in through living mythic material and symbols that informed Jung and the ancient alchemists. We will also turn to the issues of current times that seek our attention -- for transformation in this pregnant darkness — at individual and collective levels. The focus our time together will include 1) An overview of Carl Jung's seminal contributions to psychology 2) the power and significance of Jung's own "spiritual emergency" rooted in and supported by his discovery of the ancient alchemists 3) and deep personal exploration into these alchemical processes using a variety of experiential modalities including Holotropic Breathwork, Jung's active imagination, writing, art, dream work, film, meditation, and movement.

This retreat will be enriching for anyone wishing to explore their inner lives in a safe and nourishing setting, as well as those interested in bringing a Jungian perspective into their everyday lives. This will be a wonderful opportunity to have a personal, embodied experience of Jung's most ground-breaking contributions. The retreat will provide the 'alchemical vessel' for one's own exploration, integration, and growth.

Attendees of Monika and Diane's previous retreats will find much new, as well as some revisited and expanded, material and practices.

The Power Within, the Practice of Holotropic Breathwork (open to all, and counts as a required topic for those getting certified). Saturday, August 4, to Thursday, August 9, 2018, with **Vicky Nicholson** and GTT staff .

In this module, Holotropic theory comes alive. This is where we experience the essence of the practice first hand. We discuss the principles that support and inform the practice of Holotropic Breathwork and go beyond theory to show why Holotropic Breathwork is such a special method for personal exploration and healing. This is a unique opportunity to move to deeper levels of your own inner process and also to learn what is behind the Holotropic approach to working with others. As you become acquainted with accompanying others on their journeys, you will also discover how to translate the Holotropic theory into a tool for enriching your everyday living experience.

Topics include: 1) The power of the inner healer; 2) the Holotropic Breathwork lineage: the history of the healing potential of non-ordinary states; 3) the importance of facilitator presence; 4) an inside look into the framework of a Holotropic Breathwork session; 5) how to encourage and support the integration of the Holotropic experience; and 6) Holotropic body energy release work: including its history - theory and practice, demonstration of bodywork – hands on work by participants, discussion of specific challenging situations facilitators may encounter, on-going exploration of the way Holotropic

See bio's for Diane Haug, Monika Wikman, and Vicky Nicholson on the GTT website holotropic.com

Registration: Saturday, July 28 and August 4 at 9:30 am. Each module will start after registration, approximately 10:30 am
Departure: Thursday, August 2 and 9, after morning session, approximately 1:00 pm

DAILY SCHEDULE: Except for the first and last days (see directly above), this will be the approximate daily schedule:

Breakfast:	8:00 - 9:00 am	Afternoon session:	2:30 pm
Begin:	9:00 am	Dinner:	6:00 pm
Lunch:	12:30 - 2:00 pm	End:	9:30-10:00 pm

WHERE: Columbine Inn and Conference Center, PO Box 19, Taos Ski Valley, NM 87925
Phone: 575 776-5723 Fax: 575 776-1326 e-mail: psgeilen@taosnet.com

IMPORTANT: Please have people contact you at The Columbine Inn, not through the GTT office.

The Columbine Inn and Conference Center is a lovely small ski lodge about 12 miles from the main ski area in the village of Taos Ski Valley. It is set in the trees with hiking trails nearby, has decks and a hot tub. Each room is comfortably furnished with two queen beds, a private bathroom, phone and television, plus free high-speed internet. A guest computer is also available in the lobby. No pets, please.

AT THE COLUMBINE: You will be asked to provide a credit card number to the hotel at the time of check-in. You will not be charged for your room or meals during the time of the training, or the nights before or between, as listed above. But they want to have the card on hand in case of incidental charges such as long distance calls or damages.

BEING IN TAOS SKI VALLEY: Although it is also mentioned in your travel information, keep in mind the altitude. And the climate is very dry so think about hydration. Consider bringing sunscreen and layered clothing for cool mornings and evenings.

ACCOMMODATIONS: There are two rooming options: single and double. We hope to be able to accommodate everyone's first choice. Some people may have rooms at the Austinghaus, where we also have our meals. If you want a double and have a roommate in mind, please let us know. If there are more singles requested than available, we will let you know that you will be in a double. Similarly, if an **odd** number of persons request doubles, the last person to register will be notified and he or she will be asked to pay the difference.

COST: Including training, room and meals: double - \$1625 single - \$1870 for registrations and payment received before June 16. Double \$1725, single \$1970 for registration and payments received after June 16.

IMPORTANT: In these cases, if we cannot give you your first choice of rooming, your fee will be adjusted to match the actual rooming situation you occupy. We will also do our best to match you with a roommate who is staying the same extra nights, but if that doesn't work out, the cost will reflect the actual rooming (single or double).

ADDITIONAL ACCOMMODATIONS FOR EXTRA NIGHTS: Arrangements for any additional nights' lodging before or between the modules that are not included in your training fees must be made through GTT on the registration form. **Because we will be charged for them, if you have a cancellation or no-show for extra nights after the cancellation cutoff date for the modules, we will not be able to give refunds or credit.** Rates for extra nights are as follows: *Extra nights before or between, including dinner and breakfast:* double \$130, single \$160.

MEALS. Meals will begin with Saturday lunch and go through Thursday lunch. All meals in between are included. Saturday morning breakfast will be on your own unless you have a room for the previous night.

IMPORTANT NOTE ABOUT SPECIAL REQUESTS: Beyond asking if you are a vegetarian or gluten free, we cannot guarantee accomodating special dietary requests. Each meal will offer choices, however, if having special food is important to you, please plan to bring what you need.

TRANSPORTATION: Let us know if you'd like a travel information sheet for airport, shuttle, and driving directions.

WHAT TO BRING:. Comfortable clothes, walking shoes or hiking boots, warm jacket, rain gear, flashlight, personal journal (also available in our bookstore), sunscreen, water bottle, swimsuit.

IMPORTANT NOTE: Participants will not be allowed to take pillows, blankets, or mattresses from sleeping rooms into the group room. Mats and sheets (but not pillows) are provided, but we encourage anyone who wants to bring their own mat or bedding to do so.

REGISTRATION FEES: Your fees will include tuition, meals and lodging as indicated above. Payment should be made with your registration. Early registration cutoff is June 16. If you are registering within the last two weeks before the start of the retreat, please contact us about available rooming. Checks can be made payable to: GTT HOLOTROPICS.

CANCELLATION POLICY: \$100 of your payment per each module or certification is a nonrefundable processing fee. The balance is refundable upon cancellation until July 13. There can be no refunds for any reason after that date. If you send a registration form without sending a payment, the cancellation policy still applies and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY: Use of any alcohol, non-prescription drugs, or any illegal substances is not permitted during the training, including time off between modules, or at the training site. Anyone using alcohol, drugs or illegal substances during the training, or between modules at the training site, will not be allowed to continue in the training program.

Warmly,

Janet, Holly and Cary
GTT office

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Please return this form with payment as soon as possible
PLEASE ALSO COMPLETE AND RETURN THE MEDICAL FORM INCLUDED IN THE REGISTRATION PACK.

NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ ZIP _____

TELEPHONE (DAY) _____ (EVE) _____

FAX _____ e-mail _____

ROOM PREFERENCE: (SINGLE ROOMS WILL BE OFFERED AS LONG AS AVAILABLE) **DOUBLE OR** **SINGLE**
Earlybird registration (registration and payment received by June 16) Cost per module: \$1625 \$1870
Regular registration rate (registrations received after June 16) Cost per module: \$1725 \$1970
I AM REGISTERING FOR THE TRAINING MODULE(S): **FILL IN AMOUNT BELOW**

_____ Jung, Alchemy and the Transformation of Consciousness July 28-August 2 _____ _____

_____ The Power Within August 4-9 _____ _____

I AM ALSO REGISTERING FOR THE EXTRA NIGHTS BEFORE AND DURING THE MODULES AS FOLLOWS

Price includes dinner and breakfast: **Cost per night:** \$130 \$160
_____ Night of Friday, July 27 _____ _____
_____ Night of Thursday, August 2 _____ _____
_____ Night of Friday, August 3 _____ _____
_____ Credit card fee (\$25 per module - see below) _____ _____

Total amount due: _____

PAYMENT

Full payment, preferably by check, should accompany this registration. We can also accept Visa or Mastercard, although they incur fees, so checks are preferred. See below.

I am enclosing payment of \$ _____. Please charge my Visa or Mastercard \$ _____. (Please add \$25 per module for payments made by credit card.) Paypal account is workshop@holotropic.com Please make sure you add any Paypal fees so that the amount we receive is the amount due. If the amount received is too much or too little, we will settle with you at the module. Contact us for information about work/study or payment plans. If paying by Visa or Mastercard, please print the 16 digit card number, expiration date, and (U.S. only) zip code for the address on your credit card bill.

_____ - _____ - _____ - _____ - _____ Exp. date _____

CVC code _____ (3 digit number on back of card) ZIP _____

Street address and zip of card billing, if different from above _____

OTHER

I will be driving from _____ flying into Albuquerque _____ flying into Santa Fe _____ other (specify) _____

I am a smoker _____ a non-smoker _____ a snorer _____ I would like to share a room with : _____

I am vegetarian _____ non-vegetarian _____ I would like a gluten free diet _____

PLEASE READ AND SIGN THE FOLLOWING. YOUR SIGNATURE IS REQUIRED FOR REGISTRATION

CANCELLATION POLICY

\$100 of your payment per module is a non-refundable processing fee. The balance is refundable upon cancellation until July 13. There can be no refunds or credits for any reason after that date. If you register without sending payment, the cancellation policy still applies, and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY

Use of any alcohol, or non-prescription drugs or other illegal substances is not permitted during the training (including days between modules) or at the training site. Anyone using such drugs or substances during the training module or at the training site will not be allowed to attend the training.

Signature

Date

Medical Form for Holotropic Breathwork

Breathwork is intended as a personal growth experience and should not be looked upon as a substitute for psychotherapy. Holotropic Breathwork can involve dramatic experiences accompanied by strong emotional and physical release. This workshop is not appropriate for pregnant women, or for persons with cardiovascular problems, severe hypertension, some diagnosed psychiatric conditions, recent surgery or fractures, acute infectious illness or epilepsy, or active spiritual emergency.

If you have any doubt about whether you should participate, it is essential that you consult your physician or therapist as well as the workshop organizers before attending.

The answers to the following questions are to assist your facilitators and will be kept strictly confidential.

Please answer all questions as completely as possible – adding further information at the end of the form where there are any ‘yes’ answers:

Do you have a past history of, have you been diagnosed with, or are you currently experiencing any of the following:	Yes	No
Cardiovascular disease, including heart attacks, any cardiovascular surgery or any cardiovascular symptoms such as angina or arrhythmia		
High blood pressure		
Strokes, TIAs, seizures, or other brain or neurological conditions		
Diagnosed psychiatric condition		
Recent surgery		
Past or recent physical injuries, including fractures or dislocations		
Present or current infectious or communicable diseases		
Glaucoma		
Retinal detachment		
Epilepsy		
Osteoporosis		
Asthma (if yes please bring your inhaler to the workshop)		
Other information:		
Are you currently pregnant?		
Have you been hospitalized in the past 20 years for significant medical issues?		
Have you ever been psychiatrically hospitalized?		
Are you currently in therapy or involved in any type of support group?		
Are you currently taking any type of medication? (if yes, please list)		
Is there anything else about your physical or emotional status we should be aware of?		

Emergency contact information:

Name _____ phone _____

If you answer "yes" to any of these questions, it is essential that you explain your answer on the back or on an attached page.

PLEASE READ AND SIGN THE FOLLOWING STATEMENT:

I hereby confirm that I have read and understood the above information, and have answered all questions completely and honestly, and have not withheld any information. My general health, as far as I am aware, is good.

Signature & please also print your name Date Age Gender

I have experienced Holotropic Breathwork before: Yes/No