THE POWER WITHIN:  
THE PRACTICE OF HOLOTROPIC BREATHWORK  
with GTT director TAV SPARKS  

1-6 September, 2009  
Croydon Hall, Somerset, England  

This is a unique opportunity to move to deeper levels of your own inner process and also to learn what’s behind the Holotropic approach to working with others. In this workshop, Holotropic theory comes alive. It’s where we experience the essence of the practice first hand. We will discuss the principles that support and inform the practice of Holotropic Breathwork as well as experience why this is such a special method for personal exploration and healing.

As you become acquainted with accompanying others on their journeys, you will also discover how to translate the Holotropic perspective into a tool for enriching your everyday living experience.

“We heal from the inside out.”
This is a six-day workshop in a residential retreat setting. Our time together will include Holotropic Breathwork sessions, art, music and group process. It is open to anyone interested in deeper self-inquiry.

No previous experience with Holotropic Breathwork is necessary to participate.

Topics include:
* the power of the inner healer  
* the Holotropic Breathwork lineage  
* the importance of facilitator presence  
* how to encourage and support integration  
* theory and practice of Holotropic bodywork  
* on-going exploration of how HB can change our lives
CROYDON HALL, within the Exmoor National Park, offers a nurturing, creative and sustaining environment that is friendly, welcoming, relaxing and meditative. The main building is a fully refurbished mansion near Minehead in Somerset, England with woodland gardens and exquisite views of the Quantock Hills. Also available, by individual arrangement with Croydon Hall, are leisure facilities - an outdoor heated swimming pool, sauna, hot tub, AromaSpa, and massage treatments. Comprehensive travel information is provided on the Croydon Hall website.

FOR EVEN MORE INFORMATION CONTACT US
GTT@HOLOTROPIC.COM or WWW.HOLOTROPIC.COM

Holotropic Breathwork

Holotropic Breathwork is a powerful experiential approach to access the inner healing wisdom within each individual. It utilizes breathing, music and focused energy release work to access the deeper dimensions of the human psyche including biographical, perinatal and transpersonal realms of consciousness.

With over fifty years of modern consciousness research, Stanislav Grof, MD, developed Holotropic Breathwork based on the transformative potential of non-ordinary states of consciousness, anthropology, transpersonal psychology, and mystical traditions from around the world.

GTT

Grof Transpersonal Training is a program for experiencing and studying Holotropic Breathwork and the transpersonal perspective. It is a two-track program - one to become a certified HB practitioner and the other simply to experience this practice as a deep level of self-inquiry. Most workshops are six day residential retreats and you will need seven to complete your training. However, it is not necessary to want to certify to attend.

We are truly a global movement of cultural visionaries and that is reflected in the diverse backgrounds of those who attend. Our common bond is a passion for HB and taking the inner journey together.

Tav Sparks

Tav Sparks is the Director of Grof Transpersonal Training. He has been teaching transpersonal approaches to wellness and recovery internationally for over 20 years. He is the author of Movie Yoga: How Every Film Can Change Your Life (Hanford-Mead, 2009), as well as The Wide Open Door: The Twelve Steps, Spiritual Tradition, and the New Psychology and the training manual Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork. He has also written seven screenplays and has a special interest in holotropic perspectives on modern popular culture.