



The Power of Trust and Connection: Transforming Through Compassion

Join us for an exciting adventure with Holotropic Breathwork and other practices that can radically upgrade our life experience

With Diana Medina

19th - 24th June 2016 East Coast Central, Tasmania, Australia
A Grof Transpersonal Training Module

As we learn to have compassion for ourselves, the circle of compassion for others -- what and whom we can work with, and how -- becomes wider.

PEMA CHÖDRÖN

If one has compassion for self, the natural consequence is to have compassion for others.

Many of us have a core imprint that “I am not safe and I can’t trust”. The challenge for us to trust and connect with our deepest selves greatly impacts on our ability to trust and connect with others. This makes it difficult for us to risk reaching out when we need support.

A daily practice of mindfulness and compassion for self and others is a crucial step towards healing traumas that make it so hard for us to trust and feel safe.

In this module we will explore:

- 1) A variety of simple daily practices, which can transform our relationship to ourselves
- 2) The exciting scientific research of Kristin Neff and Paul Gilbert, which connects neurobiology with our ability to be nurtured
- 3) Practices of self-compassion that help to shift our neurobiological pathways and heal our instinctual response, changing it from “I don’t trust” to “I can trust and feel safe”
- 4) How self-compassion can deepen our ability to support others

This workshop includes ***four Holotropic Breathwork sessions***.

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, and/or a wellness perspective on mental health.

This will be a very experiential workshop. Besides the breathwork itself, all of the teaching is geared so that participants can have 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.

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 mandatory module toward certification and may be applied retroactively for those who do decide to enter the training program for certification in Holotropic Breathwork.

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 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. **(+61) 0362664580**: Mob: **(+61) 0400848970**

Diana Medina has been an integral part of the Grof Transpersonal Training staff since 1999. She began her adventure with Holotropic Breathwork in 1993, and certified as a facilitator in 1998. Since that time, Diana has offered workshops in Colorado, New Mexico, and India. She has worked with Stan Grof and Tav Sparks in the training in the U.S., Spain, Ireland, South America and Mexico. She is a resident of southern Colorado and has practiced as a physician assistant in pediatrics since 1986. "It has been a great pleasure being part of the GTT staff and an honor to be a witness and support to people from all over the world in their adventure of self-discovery".

Venue: Eastcoast Central Watersedge Resort,
Louisville, Orford, Tasmania, Australia

The resort is about a one-hour drive from Hobart Airport with bus connections to Orford from Hobart city.

Cost:(Australian dollars)

\$1850 single room

\$1650 twin/double room

\$1550 triple-share

\$1450 four-share cabin

Prices include tuition and full board for five nights.

All rooms and cabins are well-appointed and comfortable.

There are no off-campus or self-catering options. Please ask about payment plans.

Visit the site: www.eastcoastcentral.com.au

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:

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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.

1. Do you have a past history of, have been diagnosed with, or are currently experiencing, any of the following:

	YES	NO
A) Cardiovascular disease, including heart attacks and any cardiovascular surgery	_____	_____
B) High blood pressure	_____	_____
C) Diagnosed psychiatric condition	_____	_____
D) Recent surgery	_____	_____
E) Past or recent physical injuries, including fractures or dislocations	_____	_____
F) Present or current infectious or communicable diseases	_____	_____
G) Glaucoma	_____	_____
H) Retinal detachment	_____	_____
I) Epilepsy	_____	_____
J) Osteoporosis	_____	_____
K) Asthma (If yes, please bring your inhaler to the workshop)	_____	_____
2. Are you currently pregnant?	_____	_____
3. Have you been hospitalized in the past 20 years for significant medical issues	_____	_____
4. Have you ever been psychiatrically hospitalized?	_____	_____
5. Are you currently in therapy or involved in any type of support group?	_____	_____
6. Are you currently taking any type of medication? Describe on back.	_____	_____
7. Is there anything else about your physical or emotional status we should be aware of?	_____	_____
8. Emergency contact : 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.

This medical form must be received by your workshop organizer as part of your registration. We cannot send your confirmation letter until we've received your medical form

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 Age Gender Date

I have experienced Holotropic Breathwork before: Y or N ____