



The Power of Archetype:
Integrating Astrology and
Holotropic Breathwork:
A six-day intensive course
with Matthew Stelzner

10th -15th July 2012 Diamond Island Resort, Bicheno, Tasmania, Australia

A Grof Transpersonal Training Module

"Astrology is, in my opinion, the only system that can successfully predict both the content and the timing of experiences encountered in non-ordinary states of consciousness in experiential psychotherapy." Stan Grof

Astrology, like breathwork, is one of the many "technologies of the sacred" available to modern practitioners. The serious practitioner of astrology soon discovers that it is a discipline as rich in spiritual insight and potential for personal growth as any of the world's great wisdom traditions.

This module provides an introduction to the essential elements necessary to begin integrating astrology into your everyday life. The material will be presented in such a way that it will be accessible to both the absolute beginner and also to more advanced practitioners in astrology.

Content of Module

- Stan Grof's connection with Richard Tarnas, and their collaboration in astrology
- Astrology and the perinatal matrices
- Astrological archetypes as seen through film clips
- Astrological archetypes as heard through musical examples
- Astrological insight into Sept 11th 2001 and other more recent major news stories like the current global economic crisis
- The specifics of how to read a natal chart and how to calculate transits
- Using the astrological archetypes as a guide for moving towards wholeness, and a key to living a more balanced life.
- Demonstrations using participant's charts
- Using astrology for discerning when one is most ripe for deep experiential self-exploration.
- Astrology and soul collage
- Closing ritual



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 the archetypes. We will work with music, film, and ritual practice to engage the astrological principles in a very personal, embodied way. We will also explore how astrology can be especially useful to facilitators of Holotropic Breathwork.

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) 0362391063; Mob: (+61) 0400848970**

Matthew Stelzner Matthew Stelzner is a professional astrologer who has been practicing astrology in San Francisco for the last fifteen years. He practices a unique form of archetypal astrology, which he learned from Richard Tarnas and Stanislav Grof during his years as a graduate student at the *California Institute of Integral Studies*. He has completed coursework both towards a Ph.D. in Humanities and a master's degree in counseling psychology. He is a facilitator of Holotropic Breathwork and a senior staff member and teacher with Grof Transpersonal Training. He has assisted Stan Grof and Richard Tarnas with their graduate-level courses, and has taught the GTT astrology module internationally several times. He is also currently a faculty member for the newly formed *Institute of Archetypal Cosmology* which offers courses in archetypal astrology to students both in the California bay area and online. For more information about Matthew and his work please visit his website at www.matthewstelzner.com



Venue: Diamond Island Resort, Bicheno, Tasmania, Australia

Diamond Island Resort is located next to a beautiful beach that is also home to the fairy penguins. There are opportunities for coastal walks and beach explorations, with beach, sea and rock environments that can be wonderful places for contemplation. The resort is about three hours drive from Hobart or Launceston with bus connections to Bicheno from both these cities.

Cost: (Australian dollars)

\$2550 single room

\$2200 twin/double room

\$2075 triple-share apartment

\$1960 four-share apartment

Prices include tuition and full board for five nights.

All rooms and apartments are well appointed and comfortable.

Visit the site at: www.diamondisland.com.au

The nearby town of Bicheno has camping, backpacker and alternative accommodation for those who are prepared to live off-campus for this module: POA for cost of module alone.

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, sturdy shoes and wet weather gear for walks on the beach.

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 ____