

Grof Transpersonal Training

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Dear friends,

We invite you to join us this August for one or both of this summer's inspiring six-day retreats - **Music and Trancendence** and **Psyche and Eros**. Descriptions of each of these workshops is at the end of this letter.

These retreats will be held at the beautiful Columbine Inn, located in the stunning mountains just outside Taos, New Mexico. The retreats are open to all and are designed for anyone who is interested in the topics and in the journey of self-exploration, discovery and transformation. For those who are considering becoming a Practitioner of Holotropic Breathwork both modules will count towards certification - one of these is a required module and one an elective module.

We will again this year have the continue pleasure and benefits of being catered for by Lenore, cuisinier extraordinaire and baker of the best warm cookies imaginable.

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

Reminder: Each module provides 44 Continuing Education hours for MFT and Social Workers in California, which may also be reciprocal with other states.

Also, if you are already a certified HB practitioner, your fee is reduced by \$150.

WHAT AND WHEN:

Music and Trancendence (open to all, and counts as a required topic for those getting certified).

Sunday, August 7, to Friday, August 12, 2010, with Diana Medina and GTT staff.

Psyche and Eros (open to all, and counts as an elective topic for those getting certified).

Sunday, August 14, to Friday, August 19, 2010, with Stanislav Grof (first 2 days), Diana Medina and GTT staff.

Registration: Sundays, August 7 and 14, at 9:30 am

The modules will start after registration, approx. 10:30 am

Departure: Fridays, August 12 and 19, approx. after morning session, approximately 12:30 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 equally nice hotel next door, a short walk, and where we 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* - \$1440 *single* - \$1675

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 \$ 85, single \$ 115

MEALS. Meals will begin on Sunday at lunch and go through Friday at breakfast. All meals in between are included. Sunday morning breakfast will be on your own unless you have a room for that night.

IMPORTANT NOTE ABOUT SPECIAL REQUESTS: Beyond asking if you are a vegetarian, or have celiac disease, we cannot usually accommodate 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, which is due by July 1. Check with us for availability after that date. Please make checks payable to: GROF TRANSPERSONAL TRAINING.

CANCELLATION POLICY: \$50 of your payment per each module or certification is a nonrefundable processing fee. The balance is refundable upon cancellation until July 22. 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 non-prescription drugs or other illegal substances is not permitted during the training, including time off between modules, or at the training site. Anyone using such drugs or substances during the training or between modules or at the training site will not be allowed to continue in the training program or to become certified in Holotropic Breathwork.

Warmly,
Cary and Dorothy

Music and Transcendence, with Diana Medina and GTT staff.

This workshop is a 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 music structure that defines Holotropic Breathwork in such a special way. In addition we'll also explore other meaningful strategies that help make the Holotropic perspective an essential tool for everyday living. This module covers:

- 1) Holotropic music: its history, theory and practice: detailed discussion of three-part music structure, with demonstration of specific pieces for each section, the sound system quality & power requirements.
- 2) Holotropic group work; its history, theory and practice; discussion of common group experiences & challenging situations.
- 3) COEX systems: how we work with multi-level patterns.
- 4) Demonstration of relaxation.
- 5) Facilitator self-care.
- 6) Practical information for conducting your own workshop.

Psyche & Eros with Stan Grof (two days) & Diana Medina, and GTT staff

This workshop is an enriching, consciousness-shifting journey into the world of human sexuality. This workshop provides provocative insights into this always relevant topic by exploring what modern consciousness research (psychedelic therapy, Holotropic Breathwork, and the study of individuals in spiritual emergencies) has to say about the human sexual experience. Our exploration includes examination of the perinatal and transpersonal roots of variations of sexual behavior, archetypal understanding of sexuality, and transpersonal forms of erotic experience (satanic, oceanic, and tantric sex). A special component will be a unique powerpoint show and discussion devoted to Tantric science, art and ritual. There will also be Holotropic Breathwork sessions and contemplative and integrative practices. Stan is present for the first two days of teaching, and GTT senior teacher Diana Medina leads the rest of the workshop, including Holotropic Breathwork sessions.

Please note the experiential modality is Holotropic Breathwork and this is not a sex workshop.

For bios and photos, click on presenter name or go to website: <http://www.holotropic.com/bios.shtml>

Stanislav Grof, M.D., Ph.D.:

Diana Medina

grof Transpersonal Training

38 Miller Ave PMB 516; Mill Valley CA 94941

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Please return this form with payment as soon as possible, preferably by July 1, 2011. PLEASE FILL OUT THE MEDICAL FORM ON THE BACK OF THIS PAGE.

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**
 Cost per module: \$ 1440 \$ 1675

I AM REGISTERING FOR THE TRAINING MODULE(S): **FILL IN AMOUNT BELOW**

_____	Music and Transcendence	August 7 -12	_____	_____
_____	Psyche and Eros	August 14-19	_____	_____

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

Price includes dinner and breakfast: **Cost per night:** \$ 85 \$ 115

_____	Night of Saturday, August 6	_____	_____
_____	Night of Friday, August 12	_____	_____
_____	Night of Saturday, August 13	_____	_____

Wire transfer (\$10 per transfer) or credit card (\$25 per module) fee (see below) _____

Total amount due _____

PAYMENT

Full payment, preferably by check, should accompany this registration, unless you have contacted us to make other arrangements. Those registering from outside of the U.S. have several options. You may pay by funds transfer (instructions below), or send a check or draft made out in U.S. dollars drawn from a U.S. bank. We can also accept Visa or Mastercard, although other forms of payment are preferred. See below.

I am enclosing payment of \$ _____ or I am sending a wire transfer for \$ _____ Please charge my Visa or Mastercard

\$ _____ . (Please add \$10.00 for bank costs for each transfer, or \$25 PER MODULE for payments made by credit card.) Funds transfers also sometimes incur fees that go to intermediary banks, so ask your bank about that before you send the transfer. 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 _____ Zip _____

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

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

\$50 of your payment per module is a non-refundable processing fee. The balance is refundable upon cancellation until **July 22**. 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 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.

I have read and understand the above cancellation policy and substance use policy.

 Signature _____ Date _____

Date rec'd _____ Confo sent. _____ Check # _____ Amount _____

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 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.

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 _____