THE ADVENTURE OF SELF-DISCOVERY
A Holotropic Breathwork™ Experience
with
STANISLAV GROF, M.D.
and TAV SPARKS

Friday, January 31, 6:30 p.m., through Sunday, February 2, 12:30 p.m.
Los Angeles Airport Marriott Hotel, California
Register before December 1
Register before December 10 to save $50

With Holotropic Breathwork each participant gains direct access to his or her own inner healing wisdom. In the HB session, this wisdom brings you a unique and ideal combination of experiences that can include aspects of your personal history, psychological death and rebirth, transpersonal interconnections, and the greater spiritual reality to which we all belong. Through simple breathing, along with a specially designed musical journey, and a safe and supportive setting with a trained staff of facilitators, you experience a true non-ordinary state of consciousness, allowing deep self-exploration, personal transformation, and healing. Mandala drawing and group processing of the experiences are additional important elements of the Holotropic process.

The weekend counts as one workshop toward Grof Transpersonal Training’s ongoing facilitator training.
CE hours are available for MFT, LPC and Social Work (for California and reciprocal states)

Workshop cost: $325 until December 1, December 10, $375 after December 10
Limited number of rooms available $99/night, please book through the following link:
http://www.marriott.com/hotels/travel/laxap-los-angeles-airport-marriott/?toDate=2/2/14&groupCode=ADVADVA&stop_mobi=yes&fromDate=1/30/14&app=resvlink

This workshop begins Friday evening with a talk by Stan, “The Healing Potential of Non-Ordinary States of Consciousness.” Those not registered for the full workshop may attend this 1 1/2 hour talk for $15.
Following the talk, those taking the workshop will stay to begin preparation for the breathwork.

PARTICIPANTS attending MOVIE YOGA WORKSHOP, with TAV SPARKS, Friday, January 31, 9 to 4:30, may do so at a REDUCED RATE for the combined events. See supplemental registration form for details.

Stanislav Grof, M.D., is a psychiatrist with over 50 years of experience researching non-ordinary states of consciousness. He is one of the founders and chief theoreticians of transpersonal psychology and founder of the International Transpersonal Association. His many books include Holotropic Breathwork: A New Approach to Self-Exploration (with Christina Grof), as well as When the Impossible Happens and Psychology of the Future. Tav Sparks bio can be found on the Movie Yoga flyer and extended bios for both on holotropic.com

For information or to register, call or email 415 383-8779 / workshop@holotropic.com, or fax to 415 383-0965.
Please note: relative contraindications for Holotropic Breathwork are pregnancy, heart disease, or history of severe emotional disorder. Please contact us in advance if you think any of these apply to you.