



Transpersonal Training

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Warm greetings,

For this year's spring events in the Northeast US, we are delighted to offer you, first, the opportunity to experience **Music and Transcendence** with Tav Sparks, Stacia Butterfield and GTT staff. The second retreat is **The Power of Trust and Connection: Transforming Through Compassion** an exciting new module led by GTT senior teacher Diana Medina.

As always, each six-day module is open to anyone interested in experiencing this work in a longer retreat setting, including those new to HB. These events provide a unique opportunity to deepen your process of self-exploration. For certified practitioners, either of the modules can be used to meet your requirement for continuing professional development. And for those pursuing certification, the first is an optional, and the second a required, topic toward your training.

We will be returning for the third year to the lovely Guest House and Retreat Conference Center, located midway between New York City and Boston, just 10 miles North of the Long Island Sound coastline. This welcoming retreat center is set in 17 acres of woodland in the scenic Connecticut River Valley, right beside the Cockapoet State Forest. Besides the beautiful accommodations and tasty meals, the Guest House is the perfect place to walk, hike or just sit and observe the beautiful outdoors.

Holotropic Breathwork is a "technology of the sacred." In addition to learning tools and techniques for living a more creative and fulfilling life, you will also meet like-minded individuals from all around the U.S. and many other countries. Participants at these events are a wonderfully diverse group of individuals with a common passion for the inner journey. Four Holotropic Breathwork sessions are held at each of these workshops. Participants will have the opportunity to breathe twice and sit twice at each one.

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 mail to the postal address shown above.

If you are already a certified HB practitioner, your fee is reduced by \$150. Either of these modules can be used for your continuing professional development.

WHAT AND WHEN:

Music and Transcendence (open to all, and counts as an required topic for those getting certified).
Tuesday, May 15, to Sunday, May 20, 2018, with **Tav Sparks, Stacia Butterfield** and GTT staff.

This module is an exciting and 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 exciting strategies that help make the Holotropic perspective an essential tool for everyday living. This module includes: 1) Holotropic music: it's history, theory and practice, detailed discussion of the three part structure of a Holotropic Breathwork music set; with demonstrations of specific pieces for each section; 2) Holotropic group work: it's history, theory and practice, discussion of common group experiences and challenging situations; 3) COEX systems: how we work with multi-level patterns; 4) demonstration of relaxation; 5) facilitator self-care; 6) Practical workshop information – venue, pricing, promotion, brochure, types of workshops.

For Tav Sparks' bio click here: <http://holotropic.com/bios-tav.shtml>

For Stacia Butterfield's bio click here: <http://holotropic.com/bios-gtt-staff.shtml#StaciaButterfieldbio>

The Power of Trust and Connection: Transforming Through Compassion (open to all, and counts as an elective topic for those getting certified). Tuesday, May 22, to Sunday, May 27, 2018, with **Diana Medina** and GTT staff.

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: a variety of simple daily practices, which can transform our relationship to ourselves; the exciting scientific research of Kristin Neff and Paul Gilbert, which connects neurobiology with our ability to be nurtured; 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"; how self-compassion can deepen our ability to support others.

For Diana Medina's bio click here: <http://www.holotropic.com/bios-gtt-staff.shtml#diana>

Registration: Tuesday, May 15 and Tuesday, May 22 at 9:30 am. The modules will start after registration, approximately 10:30 am. Departure: Sunday, May 20 and Sunday, May 27 at approximately 1 pm.

DAILY SCHEDULE: Except for the first and last days (see 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

Evening session: 7-10:00 pm

WHERE: Guest House Retreat & Conference Center, 318 Main St, Chester, CT 06412

Getting to the Guest House: <https://guesthousecenter.org/visit/getting-here/>

ACCOMMODATIONS: There are three rooming options: triple, double and single. Single room availability is limited and while we hope to accommodate everyone's first choice, this may not be possible. If there are more requests for singles than there are single rooms available, we will let you know that you will be accommodated in a double. Similarly, if an odd number of people request doubles, it may be necessary for you to be in a triple room (unless you prefer a single and one is available).

COST, including training, rooming and meals:

For registrations received before April 3 – *triple \$1695*; double \$1795; single - \$2020*

For registrations received after April 3 – *triple \$1795; double \$1895; single - \$2120*

** There are a limited number of triples available, so if this is your first choice please register early.*

IMPORTANT: If we cannot give you your first choice of rooming, your fee will be adjusted to match the actual room 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 charge will reflect the actual room occupied (single, double, or triple).

ADDITIONAL ACCOMMODATIONS FOR EXTRA NIGHTS: Arrangements for additional nights lodging before or between the modules must be made through the GTT office. **Because we will be charged for them, if you have a cancellation or no-show for extra nights after the cancellation cut off date for the modules, we will not be able to give refunds or credit.** Rates for extra nights before or between modules, including dinner and breakfast are as follows: triple \$155 double \$175, single \$200

MEALS: Meals will begin on Tuesday at lunch through to breakfast on Sunday. Please choose one of the available meal options on the registration form.

TRANSPORTATION – for detailed information about travel to the venue please see the Guest House website: <https://guesthousecenter.org/visit/getting-here/>

By train: Guest House is located approximately 10 minutes from the Old Saybrook train station. Amtrak and Metro North both stop there, and from the station you can take a taxi to Guest House. From New York City it is approximately 2 hours by train, from Boston also approximately 2 hours by train. When scheduling your trip, please keep in mind that Amtrak is frequently late – Metro North is more reliable.

By air: Guest House is conveniently located near three major airports: Bradley International Airport, Hartford (50 minutes); Tweed Airport, New Haven (40 minutes) and T.F Green Airport, Providence (1 hr. 25 minutes).

WHAT TO BRING: Loose, comfortable clothing, walking shoes or hiking boots, warm jacket, hat, rain gear, personal journal, sunscreen, water bottle, swimsuit, lip balm, flashlight. Sorry, no pets.

IMPORTANT NOTE: Participants will not be allowed to take pillows, blankets or mattresses from the sleeping rooms to the group rooms. Mats are provided but you may wish to bring your own sheets.

REGISTRATION FEES: Your fees include tuition, meals and lodging as indicated above. Payment should be made by April 3 along with your registration in order to secure the early bird rate. Please make checks payable to: Grof Transpersonal Training.

CANCELLATION POLICY

\$100 of your payment per module is a non-refundable processing fee. The balance is refundable upon cancellation until **May 1**. 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 alcohol, marijuana, or 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 alcohol, drugs or other illegal substances during the training module or at the training site will not be allowed to attend the training.

We look forward to seeing you soon!

GTT office staff

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

Please add \$25 per MODULE for payments made by credit card.

Contact us for information about work/study or payment plans.

If paying by credit card please print the 16-digit card number, expiration date, the 3-digit number on the back, and (US. Only) zip code for the address on your credit card bill.

_____ - _____ - _____ - _____ - _____ - _____

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

Street address and zip code of card billing, if different from address above _____

OTHER

I will be driving from _____ flying into New York _____ other (specify) _____

I am a smoker ___ a non-smoker ___ a snorer ___ I would like to share a room with: _____

Please select one of the following food options:

VEGETARIAN _____ NON-VEGETARIAN _____

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

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

Signature

Date

For office use:

Date rec'd _____ Conf 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 – adding further information at the end of the form where there are any ‘yes’ answers:

Do you have a past history of, have you been diagnosed with, or are you currently experiencing any of the following:	Yes	No
Cardiovascular disease, including heart attacks, any cardiovascular surgery or any cardiovascular symptoms such as angina or arrhythmia		
High blood pressure		
Strokes, TIAs, seizures, or other brain or neurological conditions		
Diagnosed psychiatric condition		
Recent surgery		
Past or recent physical injuries, including fractures or dislocations		
Present or current infectious or communicable diseases		
Glaucoma		
Retinal detachment		
Epilepsy		
Osteoporosis		
Asthma (if yes please bring your inhaler to the workshop)		
Other information:		
Are you currently pregnant?		
Have you been hospitalized in the past 20 years for significant medical issues?		
Have you ever been psychiatrically hospitalized?		
Are you currently in therapy or involved in any type of support group?		
Are you currently taking any type of medication? (if yes, please list)		
Is there anything else about your physical or emotional status we should be aware of?		

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.

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 Date Age Gender

I have experienced Holotropic Breathwork before: Yes/No