

Holotropic Breathwork™

Since 1976, when Stanislav Grof and Christina Grof jointly created the practice of Holotropic Breathwork, they have used this approach in hundreds of workshops in North and South America, Europe, Australia and Asia. Holotropic Breathwork™ (from the Greek *holos* = whole, and *trepein* = to move in the direction of, so it means literally "moving towards wholeness") is a powerful means of self-exploration and healing, combining insights from modern consciousness research, depth psychology and a range of spiritual practices. It consists of breathing, evocative music, focused release work, mandala drawing and group discussion. Although there will be no breathwork during this seminar, much of the research has been based on this method.

Psychotherapists have found breathwork to be an excellent means for the expression and release of past trauma, giving people the chance to "complete" traumatic episodes, resulting in natural, self-activated healing with the generation of new attitudes and perspectives.

It has been used successfully in helping people overcome alcohol and other drug dependence, anxiety and depressive states, stress, and creativity blocks.

Holotropic Breathwork mediates access to all levels of human experience, including emotionally relevant childhood memories and other biographical issues, sequences of psychological death and rebirth, and a broad spectrum of transpersonal experiences. In experiential sessions, participants alternate in the roles of experiencers and assistants to their partners. The theory and practice of Holotropic Breathwork is described in Stanislav Grof's books *Beyond the Brain* and *The Adventure of Self-Discovery*, both published by SUNY Press, USA.

The Grof Transpersonal Training in Holotropic Breathwork™ and Transpersonal Psychology

This course is currently conducted in North and South America, Europe and Australia. Tav Sparks is the main presenter in Australia with some teaching by Dr Grof.

Attendance at the September 1998 seminar, *Architecture of Emotional and Psychosomatic Disorders*, will count as part of the Grof Transpersonal Training for those who wish to apply to enrol.

If you would like information on the course, and to register your interest in future courses please contact the Australian organisers.

Weekend Workshop

The Adventure of Self-Discovery

A Holotropic Breathwork™ Experience

With Stanislav Grof MD & Tav Sparks

PERTH September 1998

For further details phone:

Pauline Rea (089) 314 5660

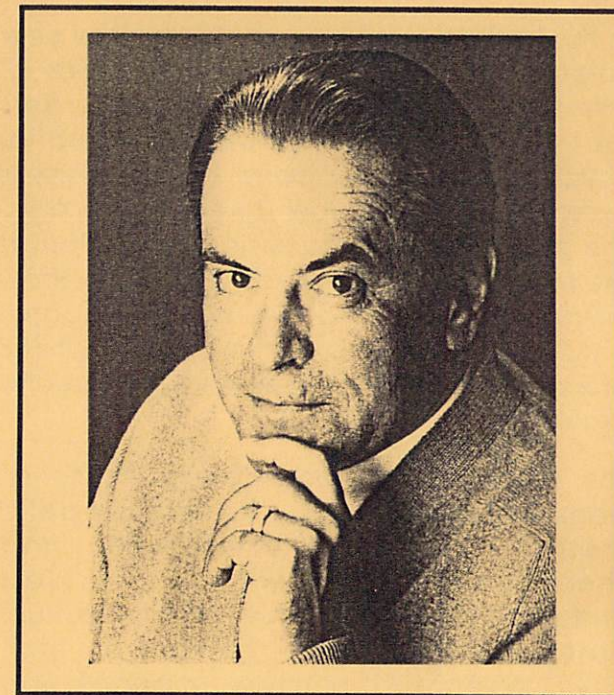
For a list of the Australian Network of Certified Holotropic Breathwork Practitioners please contact the Australian organisers of the Grof Training:

Helen Wilson and Mark Pearson

Phone and Fax: (07) 3287 7785

PO Box 820 Springwood Qld 4127

Two-day Lecture Seminar with Stanislav Grof, M.D.



Architecture of Emotional and Psychosomatic Disorders

**New Perspectives in Psychology
and Psychotherapy**

September 8 - 9, 1998

Maleny, Queensland