

The Workshops

These workshops are full time, live-in intensives, designed for those with a deep interest in Holotropic Breathwork and Transpersonal Psychology. These two workshops may be credited towards the seven modules in the Grof training programme for certification as a Holotropic Breathwork Practitioner. However, you can participate in one or both workshops without committing to the entire programme.

Included in each module will be four days of experiential training. This will be a combination of personal experience with Holotropic Breathwork, facilitation of others on a one to one basis, and group sharing.

Prerequisites

It is ideal - but not essential - for participants to experience some HB sessions conducted by Stanislav Grof, Tav Sparks or any of the certified facilitators before enrolling. Contact the Australian organisers for a list of certified facilitators.

Venue

Tranquil Park, Maleny Resort
152 Mountain View Road,
Maleny, Queensland

Tranquil Park has spectacular views over the Glasshouse Mountains, good food, a heated pool and tennis court. It is a great place to work and play.

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.

Cost-First Week

14 - 19 July 2002
(Australian dollars)
\$1,705 twin share

\$1,950 single room (limited availability)
Includes tuition, meals and motel-style accommodation for five nights.

Cost-Second Week

21 - 26 July 2002
(Australian dollars)
\$1,705 twin share

\$1,950 single room (limited availability)
Includes tuition, meals and motel-style accommodation for five nights.

What to Bring

For Breathwork sessions: a blanket, two single sheets (1 fitted), a towel and tissues.

Also an art pad, A3 size, crayons, a notebook, biro, and wear loose comfortable clothing.

For Details and Booking Forms please contact

**Ray and Carole Mansfield
Grof Transpersonal Training
PO Box 820, Springwood, QLD. 4127
Australia.**

Phone or fax (07) 3209 9174

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Offers two training workshops

Holotropic Breathwork™

Part - b

The Facilitator Adventure
14th - 19th JULY 2002

Led by Tav Sparks, Director of Grof
Transpersonal Training.

the spiritual quest

attachment and addiction
21st - 26th JULY 2002

Tav Sparks, Director of Grof
Transpersonal Training.

Holotropic Breathwork,
Part b

The Facilitator Adventure

Holotropic Breathwork (HB) has become a valuable transformational tool for people all over the world. In Holotropic Breathwork - The Facilitator Adventure, participants will get a first hand experience of some of its most important components. This is an exciting way for anyone interested in personal growth to explore this powerful method, as well as essential for those interested in becoming a Holotropic facilitator. (For those in the practitioner training, this module is also known as The Practice of Holotropic Breathwork, Part B. It is fine to take Part B without having had Part A).

During the course of the six-day workshop, each participant will experience two sessions of HB as an experiencer, or "breather," and two sessions as a partner, or "sitter." Besides the breathwork experiences and the topics covered (described below), there will be art, music, dancing, film, and integration during the workshop.

One of the defining characteristics of HB is its use of evocative music. As one of the main topics covered here, participants go deeply into the history, theory and practice of the use of music in HB, including:

- sound, rhythm and music in non-ordinary states of consciousness
- detailed discussion of the three-part music structure
- in-depth demonstration of specific music selections for each section
- the sound system, and it's quality and power requirements

Integration of a Holotropic session requires special facilitator attention and skills. We will also discuss the all-important function of Holotropic groupwork, including:

- the history, theory and practice of groupwork in HB

- common group experiences and challenging situations

In addition, we will demonstrate for workshop participants the induction/relaxation technique and share valuable practical information about putting on workshops, as well as information on facilitator self-care.

The Spiritual Quest, Attachment and Addiction

The recovery movement is in the process of profound change. As we move into this next millennium, new ways to look at psychology and spirituality are offering exciting possibilities, both for individual seekers and for the treatment field to make this important shift. In addition to being an opportunity for recovering persons and professionals to explore some of these new possibilities, this workshop focuses on the more general idea of addiction as an extreme form of attachment, which affects everyone, and the understanding of which is crucial to spiritual seekers of all practices.

During the course of the six-day workshop, each participant will experience two sessions of HB as an experiencer, or "breather," and two sessions as a partner, or "sitter." Besides the breathwork experiences and the topics covered (described below), there will be art, music, dancing, film, and integration during the workshop.

Through theory, discussion and experiential exercises, we'll look at:

- the disease paradigm of recovery; it's history, milestones, problems facing the field, and the recovery crisis
- the wellness paradigm of recovery; new definitions of addictions and recovery; transpersonal treatment -- radical return to roots; the transpersonal recovery center

- implications of perinatal and transpersonal dimensions for addiction

- new definitions:

the 12 steps as a world yoga,

addiction as spiritual emergency,

addiction as shamanic crisis,

recovery as a mystery school,

psychedelics and recovery,

recovery and the feminine,

addiction from the homeopathic perspective,

recovery as death/rebirth,

addiction and the global crisis



Tav Sparks

Tav Sparks, Director of Grof Transpersonal Training leads most of the United States and worldwide training modules. He has been a part of the training faculty since it began in 1989. Since 1985, Tav has led numerous workshops internationally in Holotropic

Breathwork and in transpersonal approaches to wellness and recovery. Formerly an addictions therapist, Tav has been a leading theorist in the field of transpersonal recovery. He is the author of *The Wide Open Door*, and the training manual *Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork*. Since 1990, he has been programme coordinator for three conferences of the International Transpersonal Association (ITA) and serves as a member of the ITA Board of Directors .