



HOLOTROPICS
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The Healer Within

*Exploring the Self,
Recovery, and Wholeness
using
Holotropic Breathwork™*

with
Tav Sparks

San Francisco, CA January 25-27

Rochester, NY February 1-3
assisted by Martha Howden

Richmond, VA February 15-17
assisted by Kate Brown
co-sponsored by
Growth & Recovery Opportunities, Inc.

Seattle, WA February 22-24



The Adventure of Self-Discovery

*A Holotropic Breathwork™
Experience*

with

CHRISTINA and
STANISLAV GROF

NEW ORLEANS FRENCH QUARTER
EASTER WEEKEND
MARCH 28-31, 1991

co-sponsored by



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Into Stage III

*A Spiritual Approach
to Addiction & Codependence
using
Holotropic Breathwork™*

with
Tav Sparks

March 22-24 San Francisco, CA
assisted by Dori Dysland, M.A.

April 23-28 Newport, OR
*assisted by Ron Neumann
& Susan Crandall*



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Tucson, AZ	April 5-7
assisted by Catherine Penn	
Lake Geneva, WI	April 12-14
Long Island, NY	May 3-5
San Francisco, CA	May 10-12



HOLOTROPICS
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Odyssey

A Journey for Men

using

Holotropic Breathwork™

with

Tav Sparks

Pocono Mountains, Pennsylvania

August 23-25, 1991



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*New Orleans Weekend Workshop
October 25-27
assisted by Christine Westfeldt*

*Two One-Day Workshops
Marin County, CA
October 5 & November 23*



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Odyssey

A Journey for Men

using

Holotropic Breathwork™

with

Tav Sparks

assisted by George Ochsenfeld

*Monee, Illinois
(Chicago Area)*

December 6-8, 1991