

The Adventure of Self-Discovery

A Holotropic Breathwork™
Experience
with

STANISLAV GROF, M.D. AND TAV SPARKS

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HOLOTROPICS The Healer Within

Exploring the Self,
Recovery, and Wholeness
using
Holotropic Breathwork

with
Tav Sparks
author of *The Wide Open Door*and Ingrid Ramsay

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