

# Grof

Stan Grof's only weekend  
workshop this year.

## The Adventure of Self-Discovery

*A Holotropic Breathwork™  
Experience  
with*

**STANISLAV GROF, M.D.  
AND TAV SPARKS**

PALO ALTO, CA  
February 1 – 3, 2002

*co-sponsored by*



**HOLOTROPICS**

*Grof*

The Adventure  
of Self-Discovery

*A Holotropic Breathwork™  
Experience  
with*

**STANISLAV GROF, M.D.\***

*\*back from retirement—see bio.*

**AND TAV SPARKS**  
(Palo Alto only)

TWO WORKSHOPS

RESTON, VA      PALO ALTO, CA

Nov. 15 – 17 2002      Jan. 31 – Feb. 2, 2003

**Provides CE for MFT and Social Work**

*co-sponsored by*



**HOLOTROPICS**