

Grof Transpersonal Training Presents

THE ADVENTURE OF SELF-DISCOVERY

a holotropic breathwork experience

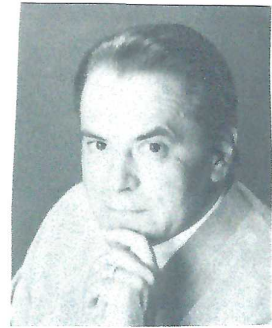
with:
Stanislav Grof MD
and **Tav Sparks**

JANUARY 16-18, 2009
SAN FRANCISCO, CA





**Transpersonal Training
PRESENTS**



EVERYTHING YOU'VE ALWAYS WANTED TO KNOW ABOUT HOLOTROPIC BREATHWORK...

...AND HAVEN'T ASKED YET

A SIX-DAY WORKSHOP WITH

STANISLAV GROF

& DIANA MEDINA & GTT STAFF

August 9 - 14, 2009

The Columbine Inn, Taos Ski Valley, NM

With hotel room and delicious catered meals, \$1325 for a double or \$1600 for a single room

Stanislav Grof will teach the first two days. Following that, Diana Medina, with GTT staff, will lead the remainder of the module, including four Holotropic Breathwork sessions, plus discussion, integration and support, art, music, dance, and community with seekers from around the world.

Whether you have been involved with Holotropic Breathwork for a long time or are completely new to it as a practice for inner exploration, this two-day stretch with Stan, followed by your own HB sessions, is sure to provide you with fresh information, unique perspectives, and interesting and useful tools to apply to your own inner work and, if applicable, your work with others.

For many of us, our favorite part of being with Stan, whether it's at a workshop or training, the Q&A of a conference presentation, or informally over a meal, is asking or hearing others ask him questions. Then we get to sit back and listen to the deep insights and enlightening information that emerges from his extraordinary bank of knowledge, understanding and experience.

Questions can include anything from the origins, philosophy, theoretical underpinnings, and use of Holotropic Breathwork; specifics such as what you've experienced with your own process or in practice; possibilities for how it could best be used in society, both present and future; and more.

For over 50 years, Stanislav Grof has been a pioneer in the understanding and application of non-ordinary states of consciousness. He has accompanied thousands of seekers on their Holotropic journeys of self-discovery. His work has been lauded by Joseph Campbell, Abraham Maslow, and nearly every contemporary scientist and philosopher in the field of transformation of consciousness. A longer bio for Stan, his publications, and bio for Diana are at www.holotropic.com.

No prior experience with Holotropic Breathwork is necessary. For those seeking certification as a Holotropic Breathwork practitioner, this is one of the elective modules.

GROF TRANSPERSONAL TRAINING

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www.holotropic.com