



Reach into your Innermost  
Being for new Strength,  
Healing, Creativity

in

# The Adventure of Self-Discovery

*A Holotropic Breathwork™ Experience*

*with*

Stanislaw Grof, MD

Sydney - 23-25 January, 1996

Melbourne - 1-4 February, 1996

Toowoomba - 5-11 February, 1996

