



# TRANSPERSONAL TRAINING

presents

two six-day training workshops  
with GTT director **Tav Sparks**



## *The Practice of Holotropic Breathwork*

*Part A: The Facilitator Adventure*

**AUGUST 1-6, 2004**

*Part B: Music and Transcendence*

**MAY, 2005**

*(designed so you can take one without the other or take Part B first)*

**THE FACILITATOR ADVENTURE (part A):** 1) the healing potential of non-ordinary states of consciousness as understood through the history of these states in world culture 2) giving your own workshops, including - facilitator presence - creating the didactic - cartography - problematic areas - contraindications - facilitating the session - integration 3) Holotropic bodywork, including - its history, theory and practice - demonstration of bodywork - hands-on work by participants - discussion of specific challenging situations that facilitators encounter

**MUSIC AND TRANSCENDENCE (part B):** 1) Holotropic music: its history, theory and practice: detailed discussion of three-part music structure, with demonstration of specific pieces for each section, the sound system quality & power requirements 2) Holotropic groupwork; its history, theory and practice; discussion of common group experiences and challenging situations 3) Demonstration of relaxation 4) Facilitator self-care 5) Practical workshop information--venue; pricing; promotion; brochure; and types of workshops

Each 6-day workshop includes four Holotropic Breathwork sessions, as well as art, music, dancing, & integration. This special event is part of the GTT training and is also open to non-training participants.

However some prior experience of Holotropic Breathwork and an application are requested.

\$1350 Single    \$1150 Double

**Columbine Inn Conference Center, Taos Ski Valley, NM**

**Includes five nights lodging in very comfortable rooms & catered meals.**

**CEU's available for MFT and Social Work**

**Tav Sparks** is the Director of Grof Transpersonal Training and leads most of the training events in the United States and in many other countries. He has been the primary faculty member since the training began in 1989. Since 1985, Tav has led numerous workshops internationally in Holotropic Breathwork and in transpersonal approaches to wellness and recovery. He is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology*; the training manual *Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork*; and six screenplays combining the transpersonal perspective with modern popular culture. *Through Thunder -- A Poetic Death Rebirth Journey* will be published by Hanford Mead in 2004. Since 1990, he has been program coordinator for three conferences of the International Transpersonal Association (ITA) and serves as a member of the ITA Board of Directors. Tav is also a father and a grandfather.

**To register contact Grof Transpersonal Training**

(415) 383-8779

gtt@holotropic.com

www.holotropic.com





*Transpersonal Training presents*

a six-day workshop with

**Stanislav Grof, M.D.**



## **THE EXPERIENCE OF DEATH AND DYING: Psychological, Philosophical and Spiritual Aspects**

Thanatology, anthropological shamanic studies, psychedelic research, experiential psychotherapies, and work with people in psychospiritual crises (spiritual emergencies) all have implications for understanding the psychospiritual aspects of death and dying.

Topics include: - *the process of psychological death and rebirth*, - *psychedelic therapy with terminal cancer patients*, - *the shamanic initiatory crisis*, - *aboriginal rites of passage*, - *ancient mysteries of death and rebirth*, - *near-death experiences*, - *survival of consciousness after death*, - *instrumental transcommunication*, - *karma and reincarnation*, - *eschatological mythologies*.

Stan is present for two full days of teaching, with the other days led by GTT senior staff. The workshop includes four Holotropic Breathwork sessions, as well as art, music, dancing, & integration. No prior experience of Holotropic Breathwork is needed. Join participants from around the world for this exciting adventure of transformation and self-discovery.

**August 14 - 19, 2005**

**Columbine Inn & Conference Center, Taos Ski Valley, NM**

Includes five nights lodging in very comfortable rooms & catered meals.

\$1210 double occupancy      \$1420 single room

CE Units available for MFT and Social Work in California & reciprocal states

**Stanislav Grof, M.D.**, is a psychiatrist with nearly fifty years of experience researching non-ordinary states of consciousness. He was born in Prague, Czechoslovakia, where he also received his scientific training. His professional career includes seven years as Assistant Professor at the Johns Hopkins University, and Chief of Psychiatric Research at the Maryland Psychiatric Research Center, as well as fourteen years as Scholar-in-Residence at the Esalen Institute. He is one of the founders and chief theoreticians of transpersonal psychology and a founder of the International Transpersonal Association. Among his publications are over 100 articles in professional journals and the books *Psychology of the Future*; *The Cosmic Game*; *The Adventure of Self-Discovery*; *Beyond the Brain*; *Realms of the Human Unconscious*; *The Human Encounter with Death*; *LSD Psychotherapy*; *Beyond Death*; and *The Stormy Search for the Self* (the last two with Christina Grof).

To register or for more information: Grof Transpersonal Training  
gtt@holotropic.com      415 383-8779      [www.holotropic.com](http://www.holotropic.com)