

THE ADVENTURE OF SELF-DISCOVERY

A Holotropic Breathwork™ Experience

with

STANISLAV GROF, M.D.

and **TAV SPARKS**



*Friday, January 12, 6:30 p.m., through Sunday, January 14, 12:30 p.m.
Clarion Hotel, San Francisco, California (near SF airport)*

With **Holotropic Breathwork** each participant gains direct access to his or her own inner healing wisdom. In the HB session, this wisdom brings you a unique and ideal combination of experiences that can include aspects of your personal history, psychological death and rebirth, transpersonal interconnections, and the greater spiritual reality to which we all belong. Through simple breathing, along with a specially designed musical journey, and a safe and supportive setting with a trained staff of facilitators, you experience a true non-ordinary state of consciousness, allowing deep self-exploration, personal transformation, and healing. Mandala drawing and group discussion of the experiences are also important elements of the Holotropic process.

Due to his semi-retirement, Stan Grof does only one or two weekend workshops each year, so this is a rare opportunity to experience this work with its originator and teacher.

The weekend counts 25 general hours toward participation in Grof Transpersonal Training's ongoing facilitator training program. CE hours are available for MFT and Social Work.

Stanislav Grof, M.D., is a psychiatrist with nearly 50 years of experience researching non-ordinary states of consciousness. He is one of the founders and chief theoreticians of transpersonal psychology and founder of the International Transpersonal Association. His many publications include the books *Psychology of the Future*, *The Cosmic Game*, *The Adventure of Self-Discovery* and *Beyond the Brain*.

The workshop begins Friday evening with a talk by Stan, "The Healing Potential of Non-Ordinary States of Consciousness." Non-workshop participants may attend this 1 1/2 hour talk for \$10. Following the talk, those taking the full workshop will stay to begin preparation for the breathwork. For information or to register, call or email Stacia at 415 383-8779 / workshop@holotropic.com, or fax to 415 383-0965.

Please note: relative contraindications for this workshop are pregnancy, heart disease, or history of severe emotional disorder. Please contact us in advance if you think any of these apply to you.

REGISTRATION FORM - San Francisco Save \$50 by registering early
Workshop cost before December 1 - \$275 After December 1 - \$325

☐ I am registering for the workshop.

☐ My \$100 deposit is paid by check (made out to "Holotropics")

☐ My \$100 deposit is paid by Visa or Mastercard

Card # _____

Expiration _____

Signature _____

IF USING CREDIT CARD, PLEASE DO NOT E-MAIL. Use fax or phone.

☐ I am not registering now, but put me on your mailing list and send a full brochure when available.

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

SEND TO: GTT Holotropics; 38 Miller Ave PMB 516; Mill Valley CA 94941. Phone 415 383-8779.

CANCELLATION POLICY: \$25 of your \$100 deposit is a non-refundable processing fee. Balance (\$75) is refundable if requested in writing by 15 days prior to the workshop. After that time, deposits will not be refunded.

GROF TRANSPERSONAL TRAINING *presents two six-day workshops*

ABNORMAL PSYCHOLOGY
& the Architecture of Psychopathology
with Stanislav Grof, M.D. (first two days)

and Diane Haug January 26-31, 2006

New insights into the nature and dynamics of psychopathology of psychogenic origin have emerged from experiential psychotherapy and the work with non-ordinary states of consciousness. This work has revealed that such disorders cannot be adequately explained in the context of biographical models, but have also significant perinatal and transpersonal dimensions. From this perspective, Stan will look at various phobias, inhibited and agitated depression, suicidal behavior, obsessive-compulsive neurosis, conversion hysteria, sexual dysfunctions and deviations, impulsive disorders, psychosomatic illnesses, and addictions.

&

LANGUAGE OF THE SOUL
The Art & Practice of Integrating
Deep Inner Experiences

with Diane Haug February 2-7, 2006

To integrate is 'to make whole'. The value of deep work in non-ordinary states of consciousness depends in part on our ability to reflect on and work with the material we are offered. We will explore the theme of integration from both a personal and professional perspective. In addition to Holotropic Breathwork, participants will be introduced to a variety of tools useful in further exploring the themes / issues / insights that have emerged during sessions. These include meditation, journal writing, movement, mask making, Soul Collage, etc. This workshop is highly experiential, inviting participants into a realm of creative self-expression.

Both workshops include four Holotropic Breathwork sessions, art, music, dancing, & integration.

These events count toward GTT training, but others are welcome to attend.

At The Institute of Noetic Sciences Retreat Center, Petaluma, California

\$1340 double, or \$1565 single, includes five nights lodging and delicious catered meals

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

STANISLAV GROF, M.D., is a psychiatrist with over forty five 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*; and *LSD Psychotherapy*.

DIANE HAUG, M.A., LPCC, is a licensed therapist living in northern New Mexico, USA, and a senior member of the GTT staff. Her background includes a decade of working with adults and children dealing with life-threatening and terminal illness. Having completed the Grof's first three-year training program, Diane has been involved with transpersonal psychology and the Holotropic Breathwork since 1986. She has been deeply involved with the international breathwork community, participating in Grof training events in Scandinavia, Russia, South America and Europe. Diane has developed GTT modules including *Shamanism* and *The Language of the Soul: The Art and Practice of Integrating Deep Experiences*.

Grof Transpersonal Training

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gtt@holotropic.com

holotropic.com

Grof Transpersonal Training
Presents
A Six-day Workshop with Holotropic Breathwork



THE POWER OF ARCHETYPE: ASTROLOGY AND HOLOTROPIC BREATHWORK

MAY 21-26, 2006
Taos, New Mexico

With GTT senior staff member and transit astrologer

MATTHEW STELZNER

Astrology is a discipline as rich in spiritual insight and potential for growth as any of the world's great wisdom traditions. Like breathwork, it is one of the many "technologies of the sacred" available to modern practitioners.

This workshop provides an overview of the essential elements for beginning your own astrological practice, and will show how astrology can be especially useful with Holotropic Breathwork. It is designed for both the absolute beginner as well as those who are quite skilled in astrology. This special event is both part of the GTT training and open to non-training participants.

We will be covering the following and more, using a variety of media, and including demonstrations from participants' charts and the charts of well-known events and individuals:

Stan Grof and astrology — how astrology has influenced Stan and the breathwork, and how Stan's work has influenced astrology — astrological insight into perinatal matrices.

Using astrology for insight into challenging breathwork experiences.

Astrological archetypes experienced through film clips, and through music.

Astrological insight into 9/11 and our current moment in history.

Comparing spiritual insights gained through astrology with other wisdom traditions.

How to read a chart and calculate transits

No prior experience with either Holotropic Breathwork or astrology is needed.

The workshop includes four HB sessions, as well as art, music, dancing & integration.

At the Columbine Inn Conference Center, Taos Ski Valley, NM

Includes five nights lodging in very comfortable rooms and catered meals. Doubles or singles available.

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

MATTHEW STELZNER has studied astrology intensively for over ten years with internationally recognized astrologer Rick Tarnas. For the past seven years, he has been an integral member of the Grof Transpersonal Training staff, offering astrological consultations to participants both in the U.S. and abroad, and facilitating at workshops and trainings. He has assisted Stan Grof and Rick Tarnas with their graduate-level courses exploring the intersection between Transpersonal Psychology and Archetypal Astrology. Matthew has completed course work towards a degree in counseling psychology, and is currently completing a Ph.D. in Humanities.

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415 383-8779 - gtt@holotropic.com - www.holotropic.com

Grof Transpersonal Training

Presents

Two Six-day Training Workshops with

GTT Director Tav Sparks



The Practice of Holotropic Breathwork:

Part A: The Facilitator Adventure

MAY 14-19, 2006

Part B: Music and Transcendence

AUGUST 13-18, 2006

(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.

At the Columbine Inn Conference Center, Taos Ski Valley, NM

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

Single and double rooms available.

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

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.

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Grof Transpersonal Training Presents

Music and Transcendence

with GTT Director *Tav Sparks*

AUGUST 13-18, 2006 - TAOS SKI VALLEY, NM

This workshop is an exciting and transformative journey through the world of music. Sound and rhythm have always been vital creative and spiritual tools for transformation. Music has even been called the language of the soul. This is a special opportunity to learn first hand the role music plays in the healing potential of Holotropic Breathwork. In addition, we will explore strategies for integrating the Holotropic perspective as a tool for everyday living.

Topics at this module include:

- 1) The role of music as a tool for transformation
- 2) How to create a Holotropic Breathwork music set
- 3) Group work: history, theory, practice and challenges
- 4) COEX Systems: how to create a daily Holotropic practice
- 5) Facilitator self-care
- 6) Running your own workshops: venue, pricing and marketing

This six-day workshop includes HB sessions, as well as art, music, group and integration. This special event is open to valuable to anyone seeking transformation. **No prior experience with Holotropic Breathwork is necessary.** For those seeking certification as a Holotropic Breathwork practitioner, this is a mandatory modules.

At the Columbine Inn Conference Center, Taos Ski Valley, NM

Cost of \$1275 double or \$1490 single, includes five nights lodging & catered meals.

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

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Grof Transpersonal Training presents
a six-day workshop with



Stanislav Grof, M.D.

IMAGES OF SELF-DISCOVERY & TRANSFORMATION: Symbolism of Birth, Death & Rebirth in World Culture

Join us on a provocative journey through time as Stan shares images from his personal collection from a lifetime of world travel and study. Stan will weave collected threads from art, architecture, mythology, mandalas, spiritual disciplines and rituals into a global tapestry that illuminates the universal embrace of Death and Rebirth cycles consistent with the Holotropic perspective. This pictorial retrospective is transformative in its own right, as well as specifically preparatory for the weeks' Holotropic Breathwork sessions.

Stan is present for two full days of teaching, with the other days led by GTT senior staff Diana Medina and Matthew Stelzner. The workshop includes 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 20 - 25, 2006

Columbine Inn & Conference Center, Taos Ski Valley, NM

Includes five nights lodging in lovely hotel-style rooms and catered meals.

\$1275 double occupancy \$1490 single room

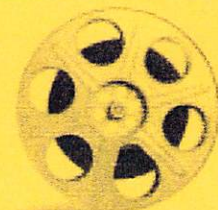
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To register or for more information: *Grof Transpersonal Training*
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Grof Transpersonal Training
presents



MOVIE YOGA

How to Transform Yourself While Sitting
on Your Sofa

with GTT director

TAV SPARKS

**Can movie watching be a path of personal healing
and spiritual growth?**

YES! To discover how, join author Tav Sparks as he fuses his passion and knowledge of film with years of teaching experience as director of Grof Transpersonal Training.

Learn and practice a new method of watching movies from a perspective based on universal spiritual teachings and a proven practice of self exploration. If you've been thinking about doing some work on yourself but would rather stay home and watch a movie, this workshop is for you.

Join us for an exciting day of integrating big screen action and inner work as we engage a deeper sense of Self and bring a more visionary perspective to the fun of movie-watching. Let the movie theater be a temple of transformation!

9:00am – 5:00 pm

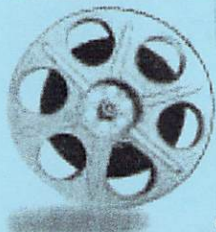
August 26, 2006

San Francisco, CA

**To register or for more information email movieyoga@holotropic.com
Or call Grof Transpersonal Training at 415-383-8779**

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MOVIE YOGA

The Holotropic Experienced through Film

with GTT director

TAV SPARKS

This new module is an exciting opportunity to experience the Holotropic in film. For years, Tav's passion and knowledge about movies have infused GTT workshops. Participants have found movie watching to be an integral part of the inner process. Based on material from his forthcoming book

Movie Yoga: How to Transform Yourself While Sitting on Your Sofa, Tav will present a complete system of movie watching from the Holotropic perspective.

This workshop is for those who want another avenue to take the Holotropic into everyday life. Watch together, breathe together, and learn how movies can become a fun and exciting transformative practice, as you experience the perinatal journey through film. This is sure to be an adventure, so bring the popcorn and your Inner Healer.

OCTOBER 22-27, 2006

Taos, New Mexico

Includes five nights lodging in lovely, hotel-style rooms and catered meals.

\$1275 double occupancy \$1490 single room

No prior experience with Holotropic Breathwork is needed.

The workshop includes HB sessions, as well as art, music, dancing & integration.

At the Columbine Inn Conference Center, Taos Ski Valley, NM

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