

INSIGHT & OPENING

THE POWER OF THE BREATH AND
MEDITATION

STAN GROF
JACK KORNFIELD
& **WES NISKER** (US only)

JUNE 21-27, 2003,
LENZERHEIDE, Switzerland

OCTOBER 25-31, 2003
YUCCA VALLEY, California

The Insight & Opening Retreat is an intensive setting for exploring Holotropic Breathwork™ and Buddhist insight meditation. This unique blend of disciplines is presented in a safe and supportive environment, as training in inner work which can be integrated into daily life.

The schedule is full. Each morning with Stan and Jack includes instruction and lecture with periods of meditation. The afternoon is devoted to Holotropic Breathwork and mandala drawing. The evening consists of meditation as well as discussion in small groups facilitated by breath-workers whom the Grofs have certified.

Each participant will work with a partner throughout the retreat and will have two sessions of Holotropic Breathwork and two sessions as a "sitter" during the other's breathwork session. Lectures cover the fundamentals of Buddhist psychology and practice; theory and practice of Holotropic Breathwork™; the New Paradigm; and a blend of topics from Eastern and Western psychology.

Retreat Leaders

Stanislav Grof, MD is a psychiatrist and scholar with four decades' experience in researching non-ordinary states of consciousness and human growth. He has taught and lectured in academic and workshop settings worldwide, and has written extensively. His books include *Beyond the Brain*, *Adventure of Self-Discovery*, *Ancient Wisdom and Modern Science*, *The Stormy Search for the Self*, *Holotropic Mind*, *The Cosmic Game*, and *Psychology of the Future: Lessons from Modern Consciousness Research*.

Jack Kornfield, PhD (clinical psychology) was trained as a monk in monasteries of Thailand, Burma and India. He is a vipassana meditation teacher, a founder of Insight Meditation Society, and a householder and father. He has taught retreats worldwide since 1974 and has written or co-authored *Living Buddhist Masters*, *Seeking the Heart of Wisdom*, *A Still Forest Pool*, *Stories of the Spirit/Stories of the Heart*, *A Path with Heart: a Guide through the Perils and Promises of Spiritual Life*, and *After the Ecstasy: the Laundry*.

Wes Nisker is a well-known and well-loved Bay Area journalist and radio commentator. He is a founder and co-editor of the national meditation newsletter *Inquiring Mind* and author of *Crazy Wisdom*, *If You Don't Like the News*, and *Buddha's Nature*. He has been practicing meditation for twenty years and teaching classes in meditation, humor and poetry since 1988.