

Moving Towards Wholeness

Grof® Breathwork in Winnipeg

You are invited to a weekend workshop
May 13 - 14, 2023

For more information
kristenshipman@gmail.com

or

204-981-2252

Free Introductory Talks
Sunday May 7th 11:00 am CDT
Wednesday May 10th 7:00 pm CDT

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GROF[®]
LEGACY TRAINING

Retreat Schedule

Before the workshop:

There will be two ONLINE Introductory webinars: introduction to Stan Grof's expanded cartography of the psyche and discussion on how the workshop will be set up, and how the breath supports your journey inward. Both webinars will cover the same material. If you haven't done Grof holotropic breathwork before, attendance at one of the webinars is required.

- Sunday May 7th at 11:00 am
- Wednesday May 10th at 7:00 pm

Workshop: Saturday May 13 to Sunday May 14, 2023:

Saturday May 13, 8:30 am to 7:00 pm

Sunday May 14, 9:00 am to 2:00 pm

2 Breathwork sessions. Each person will be the "breather" in one session and provide support as the "sitter" in the other session

After the Workshop

There will be a follow up Zoom call on Tuesday May 16 at 7:00 pm.

Facilitators:

As a Certified Grof® Breathwork (HBW) facilitator and a Transpersonal Psychotherapist, Jane offers HBW workshops and retreats as well as individual sessions within her private practice in Calgary

As a Certified Grof® Breathwork facilitator Jack brings over 40 years of experience exploring Holotropic states using meditation, bodywork and Breathwork. He lives in Edmonton.

Costs:

\$350 / person - \$300 Student:

Includes full holotropic breathwork experience, 2 sacred circles, art supplies, light meals and snacks.

To Register: Please email Jack at:

holotropicyeg@gmail.com

What is Grof® Breathwork?

Grof® Breathwork is a powerful approach to self-exploration and personal empowerment that relies on our innate inner wisdom and its capacity to move us toward positive transformation and wholeness.

The theoretical framework integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, Eastern spiritual practices, and mystical traditions.

Using breath and music to induce enhanced states of consciousness has been a practice for as long as humans have been around. Dr. Stanislav Grof and his late wife Christina developed holotropic breathwork at Esalen Institute during the 1970s. It was based on the decades of consciousness research undertaken by Grof up to that time and motivated by the desire to reproduce the mind expanding experiences of psychedelics through safe and natural means.

The name holotropic means literally “moving toward wholeness” (from the Greek “holos”=whole and “trepein”=moving in the direction of something).

The process combines accelerated breathing with evocative music, mandala drawing and group connection in a safe set and setting. With the eyes closed and lying on a mat, each person uses their breath and the music in the room to enter a holotropic (non-ordinary) state of consciousness. This state activates the natural inner healing process of the individual’s psyche, bringing the seeker a particular set of internal experiences. With the inner healing intelligence guiding the process, the quality and content brought forth are unique to each person and for that time and place. While recurring themes are common, no two sessions are ever alike.