

Holotropic Breathwork

Dubai, UAE

Thursday, Feb. 21, 2019

What is Holotropic Breathwork?

It is a powerful means of inner exploration using non-ordinary states of consciousness for deep healing and transformation. Holotropic Breathwork was founded by **Stanislav Grof** and **Christina Grof**. Breathwork has its basis in deep experiential psychotherapies, including body-oriented therapy, shamanism, several mystical traditions and their practices as well as the latest consciousness research. The Grofs' term, 'holotropic', means moving towards wholeness and reflects the idea that inner growth and healing take us back to a greater wholeness in our inner and outer life. A powerful combination of breathwork and music are employed, specifically designed to access deeper realms of consciousness and to take each participant to his/her next level of growth and healing.

The Premises of Breathwork:

We are our own best healers.

By entering into a non-ordinary state of consciousness, one is enabled to access the inner healer and its wisdom more easily and with less inhibitions and interference from the analytical mind.

We each possess a cellular memory that stores in the body, all life experiences, and even inter-uterine ones.

By participating in such an experiential technique, the psyche is supported in its quest for healing and growth.



Description of a Holotropic Breathwork workshop:

HB is usually done in a group setting with the following format: **An intro talk, two breathing sessions, expressive artwork and integrative sharing.** The talk includes a history and description of the techniques of HB and the experiences that may arise in the non-ordinary states of consciousness. In the Breathwork sessions, which include evocative music, **each participant experiences one session as the breather and one the sitter.** The sitter provides one-on-one attention and assistance for the partner who is breathing. Facilitators are available and assist as needed, so to provide a safe, reassuring environment overall. Participants are encouraged to express their inner experiences through mandala drawing and in a group sharing after the Breathwork session.

Who Does It?

One may be in a major life crisis, humbling seeking wisdom and support in the resulting emotional upheaval.

Some may wish to release blocked emotional material and unresolved issues from the past.

Some may seek to explore an understanding on the spiritual and emotional levels of a persisting physical condition.

Certain individuals simply may seek to broaden and expand their levels of consciousness.

For more info on HB:
www.holotropic.com
www.stanislavgrof.com

Facilitators:



Polly Archer is a Dubai based executive and leadership team coach who also loves to work with private clients who are ready to undertake a deeper journey of self-discovery and personal growth. She combines a range of modalities including 'Systems' coaching, emotional bodywork and spontaneous painting. Inner child healing underpins much of her work. Polly is deeply appreciative of the powerful healing and self-development through her training with Cyntha and other psycho-spiritual experiences including Holotropic Breathwork. She is currently completing the Grof Holotropic training and regularly co-facilitates Holotropic Breathwork workshops with Cyntha.



Cyntha Gonzalez is a transpersonal coach and a certified Holotropic Breathwork facilitator with a long experience in the somatic, creative and psycho-spiritual healing fields. She has led workshops internationally in Holotropic Breathwork, Art Therapy, Sacred Sexuality, the Grieving process and other related psycho-spiritual therapies for the last 30 years. Cyntha, based in Dubai, is also a public speaker, blogger on healing and peace activism, and is writing her first book, recounting how compassion and radical forgiveness are powerful change agents. For more on Cyntha, go to: www.cynthagonzalez.com

When: Thursday, Feb 21, 2019, 8:30am-7pm.

Where: Umm Suqeim 1, Dubai, UAE. More details upon enrollment.

Fee: Early bird registration: 1200 AED if paid by Feb.2, 2019. 1500 AED if paid from Feb. 2-21.

For Questions and Enrollment: Contact Cyntha in Dubai at cynthag@yahoo.com
Once enrolled and paid, you will receive a Medical Information Form to fill out to give us important information to best serve you!

Cancellation Policy: Any cancellation by Feb. 10 will be 50% refundable. After Feb. 10, 2019 there will be no refund.

"Spirituality is based on direct experiences of ordinarily invisible numinous dimensions of reality, which become available in holotropic states of consciousness. It does not require a special place or officially appointed persons mediating contact with the divine. The mystics do not need churches or temples. The context in which they experience the sacred dimensions of reality, including their own divinity, is provided by their bodies and nature. And instead of officiating priests, they need a supportive group of fellow seekers or the guidance of a teacher who is more advanced on the inner journey than they are themselves."

- Stan Grof, M.D., co-founder of Holotropic Breathwork