

The Evolution of Consciousness and The Holotropic Perspective

with STANISLAV GROF MD.* and TAV SPARKS

14-19 April, 2009 Croydon Hall, Somerset, England

Holotropic Breathwork is a powerful experiential approach to access the inner healing power within each individual. The name “holotropic” is from the Greek holos meaning ‘whole’, and trepein meaning ‘to move in the direction of’ and means literally “**moving toward wholeness**”.

Holotropic Breathwork was developed by Stanislav Grof, M.D., based on insights from over fifty years of modern consciousness research, transpersonal psychology, anthropology, Eastern spiritual practices and mystical traditions from around the world. This method utilises breathing, evocative music and focused energy release work to explore the deeper dynamics of the human psyche including the biographical, perinatal, and transpersonal realms of consciousness.

This workshop is a rare opportunity to study directly with Dr. Grof (see note at the end of this flyer, regarding Stan’s presence at the training). He will spend a full day presenting the theoretical framework for the transformative potential of non-ordinary states of consciousness. There will be a second full day of intimate conversation with long-time friend and colleague, Tav Sparks.

This unique format will take a special look at Dr. Grof’s personal journey from Czechoslovakia to the United States, as well as his professional career from early psychedelic researcher to esteemed recipient of the Vision ‘97 Award from the Foundation of Dagmar and Vaclav Havel. We will also explore the parallel trajectory of the awakening, study and celebration of consciousness on the planet.

This is a six-day workshop in a residential retreat setting. Our time together will include the theoretical component, Holotropic Breathwork sessions, art, music and group process. It is open to anyone interested in deeper self-inquiry.

No previous experience with Holotropic Breathwork is necessary to participate.

Western science is approaching a paradigm shift of unprecedented proportions, one that will change our concepts of reality and of human nature, bridge the gap between ancient wisdom and modern science, and reconcile the differences between Eastern spirituality and Western pragmatism. - Stanislav Grof from **Beyond the Brain**

STANISLAV GROF, M.D., is a psychiatrist with more than fifty years experience researching the healing and transformative potential of non-ordinary states of consciousness. He is a founder of transpersonal psychology and of the International Transpersonal Association (ITA). He is the author of many books including books **Beyond the Brain, LSD Psychotherapy, Psychology of the Future, The Cosmic Game, When the Impossible Happens** and **The Ultimate Journey**. ***Stanislav Grof will teach two days of this six-day workshop.**

Stan is planning to be there in person, unless health concerns prevent him from travelling to Somerset from California. If that happens, he will be present via video conferencing, which allows him to be experienced “live”, and to see and interact fully with the group during his teaching sessions.

TAV SPARKS is the Director of Grof Transpersonal Training. He has been teaching transpersonal approaches to wellness and recovery internationally for over 20 years. He is the author of **The Wide Open Door: The Twelve Steps, Spiritual Tradition, and the New Psychology** and the training manual **Doing Not Doing: A Facilitator's Guide to Holotropic Breathwork**. He has written seven screenplays and his recent book is **Movie Yoga: How Every Film Can Change your Life**.

VENUE: CROYDON HALL, within the Exmoor National Park, offers a nurturing, creative and sustaining environment that is friendly, welcoming, relaxing and meditative. The main building is a fully refurbished mansion near Minehead in Somerset, with glorious woodland gardens and exquisite views of the Quantock Hills. The surrounding countryside offers beautiful walks and rambles. There are plenty of grounds for walking. Also available, by individual arrangement with Croydon Hall, are leisure facilities - an outdoor heated swimming pool, sauna, hot tub, AromaSpa and a mini gym.

TRAVEL: *A wide variety of travel information is available on the Croydon Hall website: <http://www.croydonhall.co.uk/travel/>*

For Full details, and costs, email: gtt@holotropic.com
or phone (U.S.) 415 383-09652) or fax to (U.S.) 415 383-0965
or postal mail to Grof Transpersonal Training, 38 Miller Ave, PMB 516, Mill Valley, CA 94941 USA.