

Holotropic Breathwork

Delhi, India

November 2 - 4, 2012

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.

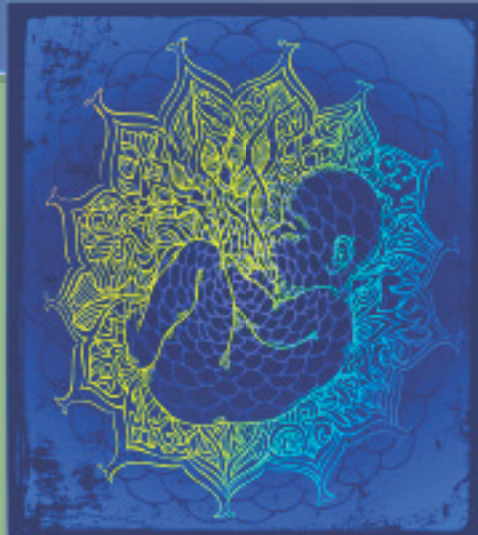
The Premises of Breathwork:

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 Holotropic Breathwork:

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:
www.holotropic.com
www.stanislavgrof.com
www.zorbathebuddhadelhi.blogspot.com

Facilitators:



Cyntha Gonzalez is a transpersonal counselor and a certified Holotropic Breathwork facilitator with a rich experience in the somatic and spiritual dimensions of one's healing. She has practiced as a counselor and led workshops in Holotropic Breathwork, Art Therapy and other related psycho-spiritual therapies for the last 26 years internationally. She has also led training seminars and lectured on the psycho-spiritual disciplines at the educational, medical and corporate levels. For more info on Cyntha go to www.cynthagonzalez.com



Andrea Anstiss is a transpersonal psychotherapist and a Hoffman teacher. She teaches Rebonding of the Body and Conscious Eating seminars. She regularly co-facilitates Holotropic Breathwork seminars in Dubai. She has a vast experience as a Reiki Master bringing that background to her rich practice as a somatic bodywork therapist. She originally is from New Zealand and has lived in the Middle East for over 20 years. She spends a lot of time in Pune, India whenever she can.



Mahiema Anand is a documentary filmmaker with over 20 years experience in the media field. 8 years ago, she found her true calling when she decided to stop chasing commercial work and let the Universe decide what she should do. Ever since, she simply does whatever falls into her lap! Her most recent project is on 'Women and Spirituality' and what it means for a woman to be a renunciate in today's world. It is based on two such spiritualists who come from the US and UK, respectively, and live in humble environs in the Himalayas walking 'the path'. For more info on this and Mahiema, go to: www.zonstacreation.com

When: Friday, Nov. 2, 7-9pm, Sat.-Sun., Nov. 3+4, 9am-5pm. **Registration:** Friday, 5-7pm.

Where: Zorba the Buddha, www.zorbathebuddhadelhi.blogspot.com, a serene residential retreat center, just outside of Delhi.

Fee for Residential Workshop:

15,000 INR (or 1000 AED) if paid before Sept. 30.

After, 17,000 INR (or 1120 AED).

Includes:

- Workshop
- Lodging Friday and Saturday nights
- Meals from Friday dinner to Sunday lunch

Fee for Workshop Only: (for Indian residents only):

12,500 INR if paid before Sept. 30, 2012.

After, 14,000 INR.

Includes:

- Workshop Fri, 7-9pm, Sat. & Sun., 9am-5pm
- Lunch both days

Contact: Cyntha in Dubai at cyntha@cynthagonzalez.com, or +971-50-754-6651 or Mahiema in Delhi at mahiema.anand@gmail.com or +91 9910166360.

Enrollment: 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: Given the overseas travel of some of the facilitators and assistants, any cancellation before Sept. 30 will be 50% refundable. After Sept. 30, there will be no refund.