

Wisdom of the Breath

HOLOTROPIC BREATHWORK™ 5-DAY RETREAT

Poulstone Court, Herefordshire
2 - 7 August 2010



THIS SPACIOUS BREATHWORK 'JOURNEY' invites you into the beauty and wisdom of psyche and soul. The breath is both guide and facilitator for a deep communion with your inner healer. The beauty of the land and the warm-heartedness of the group create a safe and potent context for coming home to the true self. Join us for five days of healing, personal growth, and opening to greater personal freedom.

HOLOTROPIC BREATHWORK™

Holotropic Breathwork™ is a powerful but gentle method of self-exploration and healing, developed by Stanislov and Christina Grof. The technique is derived from modern consciousness research, depth psychology and shamanic and spiritual practices, to support natural healing and growth through the direct experience of non-ordinary states of consciousness.

Through accelerated breathing combined with music and focused bodywork, participants gain access to deep levels of awareness and insight. For many people there is recognition and integration of elements of themselves that have become disconnected or energetically and emotionally blocked. Others experience new and deeper awareness about the nature of consciousness, and the understanding of self. And many experience a new strength in their connection with an inner spiritual source.

During the retreat, each participant engages in two breathwork sessions. We support your process with contemplative and shamanic practices, circle time for integration, and movement. We also encourage plenty of time for community sharing, relaxation, celebration and dancing!



**The retreat begins on the evening of Monday, 2nd of August
and runs through lunchtime on Saturday, 7th of August.**

**£565 per person including food and lodging – shared room
A £100 deposit is required to hold your place**

**For information and registration, please email Marianne at:
breathworks@earthlink.net**

**or call Tanya - 0772 557 9406 (UK)
Marianne – 00 1 505 424 9367 (USA -7 hrs)**

FACILITATORS

Marianne Murray and Michael Breer, MD, both trained with Stan Grof, and were certified as Holotropic Breathwork™ facilitators in 2001.



Marianne has a Ph.D in Transformative Learning, and an MA in Transpersonal Psychology. She is a systemic constellations facilitator, a certified bodyworker, and has an interest and involvement in contemplative practices. Marianne is an associate with the Academy for the Love of Learning in Santa Fe, New Mexico.

Michael is a medical doctor and Psychotherapist and works in private practice in Kiel in the north of Germany. He has a special interest in bridging the worlds of ancient traditions, particularly shamanism, and modern medicine and science.