

Grof Transpersonal Training

38 Miller Avenue PMB 516
Mill Valley, CA 94941, USA
Phone# (415) 383-8779
Fax# (415) 382-1073
gtt@holotropic.com
www.holotropic.com

Dear friends,

After the incredible event with Jai Uttal in 2015, we are so excited to be able to offer it again this coming October, 2017.

Those returning, please note that we will be at a new location, Royal Way Spiritual Center, see below.

This retreat, **Ecstatic Remembrance**, combines Jai's gorgeous and heart-opening kirtan chanting – plus his wonderful storytelling and more – intermixed with sessions of Holotropic Breathwork led by Tav and the crew, into one six-day retreat. See next section for a full description of both practices.

As always, those new to Holotropic Breathwork or anyone who wishes to attend for their own self-discovery are welcome. And for those interested in becoming a certified Holotropic Breathwork facilitator, this retreat can be applied towards practitioner certification as an elective module.

WHAT AND WHEN

Ecstatic Remembrance: Chanting with special guest Jai Uttal

Sunday, October 1, to Friday, October 6, 2017, with **Jai Uttal, Tav Sparks** and GTT staff.

This workshop combines two ancient technologies that perfectly complement each other, as they foster entrance into deep states of consciousness, for the purpose of inner exploration and contact with the collective unconscious.

Jai Uttal uses call-and-response chanting, vocal and rhythmic exercises, and storytelling to invoke a sacred space for non-denominational prayer and heartfelt expression. This is an exploration of the heart and a way of attaining ecstatic awareness by repetition and remembrance of the Divine. No previous experience is needed; this is an exploration of the heart, independent of vocal or musical technique.

Holotropic Breathwork is a “technology of the sacred.” This is an opportunity to deepen your process of self-exploration and directly experience the healing potential of non-ordinary states using this method.

You will meet like-minded people from around the world, and explore together in a safe and supportive environment. You will also learn useful tools and techniques for living a more creative and fulfilling life. Finally, you will have extensive personal contact with some of the best Holotropic facilitators worldwide. Those without prior experience of Holotropic Breathwork are always welcome.

See bio for Tav Sparks here: <http://www.holotropic.com/bios-tav.shtml> and for Jai Uttal here: <http://jaiuttal.com/jai/>

Registration: Sunday, October 1, 9:30 am. The module will start after registration, approximately 10:30 am

Departure from the venue: Friday, October 6, 2:00 pm

DAILY SCHEDULE: Except for the first and last days (see directly above), this will be the approximate daily schedule:

Breakfast:	8:00 - 9:00 am	Afternoon session:	2:30 p.m.
Begin:	9:00 am	Dinner:	6:00 p.m.
Lunch:	12:30 - 2:00 p.m.	Evening Session	7-10:00 p.m.

WHERE:

Royal Way Spiritual Retreat Center
8088 High Road
Lucerne Valley, CA92356

phone: 760-247-8984
www.royalwayspiritualcenter.org

The Ranch lies at an altitude of 3,700 feet in the high-desert foothills of the San Bernardino Mountains, about 100 miles northeast of downtown Los Angeles. Ontario International airport is one hour away; Los Angeles and Orange County International Airports are two and a half hours away. Shuttle information provided upon request, and we will contact you approximately two weeks ahead of time for those who wish to share rides.

Please have people contact you at the Royal Way if needed during the module, not through the GTT office.

If you are already a certified HB practitioner, your fee is reduced by \$150. This event counts toward the requirement for continued professional development.

ACCOMMODATIONS: There are two rooming options: single and double. Most rooms have bathrooms shared with one other room. We hope to be able to accommodate everyone's first choice with rooming. If there are more singles requested than available, we will let you know that you will be in a double. Similarly, if an odd number of persons request doubles, the last person to register will be notified and he or she will be asked to pay the difference between a double room and a single room. If you are registering for a double room and have a roommate in mind, please let us know.

COST: *Including training, room and meals* - early registration by August 20: single \$1960, double \$1710, double Registration after September 8: single \$2010, double \$1760.

IMPORTANT: If we cannot give you your first choice of rooming, your fee will be adjusted to match the actual rooming situation you occupy. We will also do our best to match you with a roommate who is staying the same extra nights, but if that doesn't work out, the cost will reflect the actual rooming (single or double).

ADDITIONAL ACCOMMODATIONS FOR EXTRA NIGHTS: Arrangements for one additional night's lodging before the module that is not included in your training fees must be made through GTT on the registration form. **Because we will be charged for it, if you have a cancellation or no-show for the extra night after the cancellation cut-off date for the module, we will not be able to give refunds or credit.** Rates for extra night is as follows: *Extra night before, including dinner and breakfast:* single \$200, double \$150.

MEALS. Meals will begin on Sunday at lunch and go through Friday lunch. All meals in between are included. Sunday morning breakfast will be on your own unless you have a room for the previous night.

SPECIAL REQUESTS: Beyond asking if you are a vegetarian, we cannot guarantee special dietary requests, but some may be possible if you give enough notice for us to check with the caterers. Each meal will offer choices, however, if having special food is important to you, please plan to bring what you need.

TRANSPORTATION: There are commercial shuttle services available from Ontario, Orange County and Los Angeles international airports.

WHAT TO BRING: ANYONE DRIVING IS REQUESTED TO BRING A MAT OR SLEEPING BAG TO LIE ON. Comfortable clothes, walking shoes or hiking boots, warm jacket, hat, rain gear, personal journal, sunscreen, water bottle, lip balm, flashlight. Keep in mind the desert climate – it is very dry so please bring sunscreen, a water bottle and layered clothing for cool mornings and evenings. Sorry, no pets.

IMPORTANT NOTE: Participants will not be allowed to take pillows, blankets, or mattresses from sleeping rooms into the group room. Those driving – please bring a mat or a sleeping bag. Sheets (but not pillows) are provided, but you may bring your own.

REGISTRATION FEES: Your fees will include tuition, meals and lodging as indicated above. Payment should be made with your registration. Please make checks payable to: GROF TRANSPERSONAL TRAINING.

CANCELLATION POLICY: \$100 of your payment per each module is a non-refundable processing fee. The balance is refundable upon cancellation until September 17. There can be no refunds for any reason after that date. If you send a registration form without sending a payment, the cancellation policy still applies and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY: Use of any alcohol, marijuana, non-prescription drugs or other illegal substances is not permitted during the training, including time off between modules, or at the training site. Anyone using such substances during the training or between modules or at the training site will not be allowed to continue in the training program or to

Medical Form for Holotropic Breathwork

Holotropic Breathwork is intended as a personal growth experience and should not be looked upon as a substitute for psychotherapy. Holotropic Breathwork can involve dramatic experiences accompanied by strong emotional and physical release. This workshop is not appropriate for pregnant women, or for persons with cardiovascular problems, severe hypertension, some diagnosed psychiatric conditions, recent surgery or fractures, acute infectious illness or epilepsy, or active spiritual emergency.

If you have any doubt about whether you should participate, it is essential that you consult your physician or therapist as well as the workshop organizers before attending.

The answers to the following questions are to assist your facilitators and will be kept strictly confidential.

Please answer all questions as completely as possible – adding further information at the end of the form where there are any ‘yes’ answers:

Do you have a past history of, have you been diagnosed with, or are you currently experiencing any of the following:	Yes	No
Cardiovascular disease, including heart attacks, any cardiovascular surgery or any cardiovascular symptoms such as angina or arrhythmia		
High blood pressure		
Strokes, TIAs, seizures, or other brain or neurological conditions		
Diagnosed psychiatric condition		
Recent surgery		
Past or recent physical injuries, including fractures or dislocations		
Present or current infectious or communicable diseases		
Glaucoma		
Retinal detachment		
Epilepsy		
Osteoporosis		
Asthma (if yes please bring your inhaler to the workshop)		
Other information:		
Are you currently pregnant?		
Have you been hospitalized in the past 20 years for significant medical issues?		
Have you ever been psychiatrically hospitalized?		
Are you currently in therapy or involved in any type of support group?		
Are you currently taking any type of medication? (if yes, please list)		
Is there anything else about your physical or emotional status we should be aware of?		

Emergency contact information:

Name _____ phone _____

If you answer "yes" to any of these questions, it is essential that you explain your answer on the back or on an attached page.

PLEASE READ AND SIGN THE FOLLOWING STATEMENT:

I hereby confirm that I have read and understood the above information, and have answered all questions completely and honestly, and have not withheld any information. My general health, as far as I am aware, is good.

Signature & please also print your name

Date

Age

Gender

I have experienced Holotropic Breathwork before: Yes/No