



Being 'On Country' :

Exploring Our Ensouled Relationship With Place and Belonging

**Join us for an exciting adventure with
Holotropic Breathwork™, and other practices
that can help us remember our
true self, our wholeness, and our
deeper sense of belonging.**

With Vicky Nicholson

**5th – 10th June 2017 Poatina Village, Tasmania
Australia
A Grof Transpersonal Training Module**

We invite you to celebrate with us an exciting journey into the mysteries and power inspired by the Australian Aboriginal wisdom tradition. Being 'on country' is based on a special relationship between our natural surroundings—place—and belonging. Belonging means being present with ourselves, as well as those closest to us (our clan, tribe, family, neighbour, nation). But it is also about being engaged in a colossal cosmic setting—what we call the transpersonal dimensions of our being.

Along with the powerful practice of Holotropic Breathwork™, this workshop offers a variety of exciting explorations in the natural world, and within our own being. Through the emergence of what we call "out stories", we can learn to listen deeply to what is most meaningful to us as individuals within a greater whole.

Storytelling has long been a sacred tradition of indigenous peoples from all lands. It is essential to the health and wellbeing of the collective to which they belong, and to a co-creative process of bringing the universe into being. Along with our deep inner journeys via the breath, we will also spend time outdoors engaging with our natural surroundings. Join us in an adventure of self-remembering 'on country' in this exciting new module to deepen our connections of self with world.

Participants will have the opportunity to experience Holotropic Breathwork, a powerful approach to self-exploration, transformation, and healing that combines breathing, evocative music, and release work to explore the deeper dimensions of the psyche. This workshop will be useful to both laypersons and professionals seeking a more authentic and fulfilling lifestyle.

This will be a very experiential workshop. Besides the breathwork itself, all of the teaching is geared to participants having a direct experience of their own journey. We will work with explorations in the natural world, guided journey work, other contemplative practices, movement and ceremony to engage the holotropic principles in a very personal, embodied way.

The Workshop:

The workshop is a full time, live-in intensive, designed for anyone with a deep interest in Holotropic Breathwork™ and Transpersonal Psychology. It may be credited towards the seven modules in the Grof training program for certification as a Holotropic Breathwork Practitioner. This is also a valuable experience for those people who do not wish to become a practitioner. Included in the module will be a combination of personal experience with Holotropic Breathwork™, facilitation of others on a one to one basis, group sharing and other experiential practices.

This workshop includes *four Holotropic Breathwork sessions*.

Please Note: Contraindications for Holotropic Breathwork are pregnancy, heart disease and other cardiovascular problems, epilepsy, glaucoma, or a history of severe emotional disorder or hospitalisation.

Call for more information. **(+61) 0362664580**: Mob: **(+61) 0400848970**

Vicky Nicholson, Ph.D., has a passion both for Holotropic Breathwork™ and education. She has worked on staff at GTT training modules since 2005 in Australia and the US and coordinates the Australian modules. She is particularly interested in working with her community and learning to live the Holotropic principles and paradigm of moving towards wholeness as a daily spiritual practice in every-day life.

She is an educator in Tasmania, Australia and works alongside Aboriginal people to support teachers and students to improve educational outcomes, particularly for Aboriginal children. Teachers are encouraged to explore and live from an increasingly holistic worldview, as understood by Aboriginal people, to more fully realise their potential as educators for themselves, their students and school communities.

Vicky's PhD dissertation addressed 'Questions of knowing and pedagogic relationship' that examines the relationship between effective teaching and how we know ourselves.

She is particularly moved and filled with gratitude to be allowed to be a witness to people's deep journey work as they venture into their soul through Holotropic Breathwork™, as she herself has been witnessed and supported by others on her own journey.

Venue: Poatina Village, Tasmania, Australia

The village is about a forty-minute drive from Launceston Airport and a two-hour drive from Hobart city. Poatina Village is an historic 'Hydro' village at the foot of the Great Western Tiers of Northern Tasmania. It is operated by the resident community and has a range of shops, cafes and a tiny petrol station that is run by one of the volunteers. We will be using the large hall for breathwork and will be staying in the Chalet Motel, adjoining Backpackers or one of the nearby Mountain Cottages. All meals will be served in the spectacular View Restaurant/Cafe overlooking the mountains.

Visit the site: <http://www.poatina.com>

Cost: (Australian dollars)

\$1800 single room

\$1650 twin/double room

\$1500 single backpacker room with shared bathroom

\$1400 shared backpacker room with shared bathroom

Mountain cottages for 2 to 4 people in pre-arranged groups: POA

Prices include tuition and full meals and accommodation for the duration of the module. All rooms and cottages are well appointed and comfortable. Please ask about payment plans.

What to Bring:

For Breathwork sessions:

A blanket, two single sheets (1 fitted), large cushions and pillows for 'sitting', a towel and loose comfortable clothing for wearing during sessions.

For other times:

Comfortable indoor and outdoor clothes, a notebook and pen.

For further details, please contact:

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No prior Holotropic Breathwork experience is needed to attend this event. It is not necessary to be in the training program to attend and those new to Holotropic Breathwork™ are welcome; the workshop is open to anyone interested in the topic and in doing their own deep inner work. For those in, or interested in, the practitioner training, this workshop counts as a elective module toward certification and may be applied retroactively for those who do decide to enter the training program for certification in Holotropic Breathwork™.