



TRANSPERSONAL TRAINING

APPLICATION PACK

Grof Transpersonal Training

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Dear Applicant,

Thank you for your interest in applying for the Holotropic Breathwork practitioner training program. This international training program is the only training offering certification in Holotropic Breathwork available in the world. Trainings are offered throughout the year in the USA, Russia, Australia, South America, Spain, England, Slovenia, Ukraine and other places. For a complete schedule of trainings, please visit www.holotropic.com.

Please read through this application pack carefully. If you have any questions about the training program or would like more information, please contact us using the contact information above.

To complete your application for the training, please sign and return pages 16-22 to the office, along with a recent electronic headshot photograph of yourself and your \$75 training application fee.

In support of your application, we also ask that you provide a recommendation from a certified Holotropic Breathwork facilitator with whom you have been to Holotropic Breathwork workshop. This can be returned with your application or can be emailed directly to the GTT office.

You may submit your application as soon as you have attended your first GTT module – and we ask that it is submitted no later than 6 months before applying to attend the two week certification intensive.

Warmly,

Tav and Cary Sparks, directors, and the GTT staff

Please note that you may not offer Holotropic Breathwork workshops or events until you have completed the training requirements and have been certified as a Holotropic Breathwork Practitioner by GTT.

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GTT REQUIREMENTS FOR CERTIFICATION IN HOLOTROPIC BREATHWORK

The Grof Transpersonal Training program for certification in Holotropic Breathwork consists of a set of requirements that must be met in order to become a certified HB practitioner.

The requirements include attending six-day training modules; participating in workshops with certified HB facilitators; individual consultations with certified HB practitioners; attending a closing intensive; and (for those who wish to lead workshops) apprenticing at workshops led by certified practitioners.

The specifics of these requirements are as follows:

I. Modules: a total of seven six-day modules as a participant. Four are mandatory topics and three on elective topics. Modules can be taken in any order.

Mandatory modules are:

- The Power Within (formerly The Practice of Holotropic Breathwork, Part A)
- Music and Transcendence (formerly The Practice of Holotropic Breathwork, Part B)
- The Holotropic Paradigm: The Psyche, The Inner Healer and Moving Towards Wholeness
- Spiritual Emergency: Embracing Unexpected Transformation

Elective modules are offered on a variety of topics. You may choose three elective modules in order to meet this requirement.

II. Breathwork Sessions in Addition to Required Modules

Ten experiences of Holotropic Breathwork in a workshop setting, led by a certified Holotropic Breathwork practitioner and where you are both a sitter and a breather. This workshop should include preparation by the facilitator and integration of the experience.

For a list of certified practitioners, contact the GTT office. A partial list is also available on the website of the Association for Holotropic Breathwork International (AHBI) www.breathwork.com.

Attending additional modules beyond the seven required can also fulfil this requirement.

III. Individual Consultations

Ten hours of individual consultations with certified Holotropic Breathwork practitioners over the course of your training. These are arranged by you with the practitioner directly, for an agreed-upon fee. GTT staff members generally charge \$75 per hour.

At least five of these consultation hours should be with a member of the facilitator team during a training module. The purpose of these consultations is to provide personal guidance in the training, feedback about your progress and recommendations for any additional personal work we might expect you to do.

Four consultations can be with any certified HB practitioner of your choice, including but not limited to GTT staff members. During these sessions, you will have the opportunity to discuss issues related to your personal process, as well as practical aspects of Holotropic Breathwork. It is not necessary that you do all six of these hours with the same facilitator.

One consultation will be specific to your music set. In this consultation you will go through the music set you have put together. This consultation can be arranged after you have attended the Music and Transcendence module and by the time you have completed all the requirements in order to attend certification. Please contact GTT for a list of staff approved to undertake music consultations.

IV. Apprenticing

You will need to complete a minimum of four apprenticeships in order to complete your training. Apprenticing is the opportunity to experience facilitation at a module or workshop under the supervision of certified Holotropic Breathwork practitioners.

You can apprentice in workshops facilitated by a certified Holotropic Breathwork facilitator (with their agreement and support) any time after the completion of five modules, one of which is the bodywork module.

Should you wish to gain more experience of apprenticing, you may also apply to join the GTT Apprentice Program once you have completed seven GTT modules (including the bodywork module).

V. Two Years in Training

In the interest of your personal growth as well as your growth as a facilitator, we require a minimum of two years in the training, beginning from the time you take your first GTT module. For clarification, please see the letter from Stan and Christina Grof on page 15 of this pack.

VI. Closing Certification Intensive

Approximately every year, alternating between the US and Europe, we offer the certification intensive for those who have completed all the requirements stated above, and who also meet the criteria (listed on page 22) for becoming a Holotropic Breathwork practitioner.

This special two-week intensive is a culmination of your personal and collective journey through the training. You will also have the opportunity to demonstrate your proficiency as a practitioner.

You will need to submit your application for the training program before you apply for certification.

Participants who successfully complete this program will be given a certificate confirming that they have completed training in Holotropic Breathwork and Transpersonal Psychology. This certificate in itself does not represent a therapeutic license; certified practitioners conducting therapy must meet the requirements for practice in their respective states or countries.

Description of GTT Required Modules

The Power Within: The Practice of Holotropic Breathwork

In this module, Holotropic theory comes alive. This is where we experience the essence of the practice first hand. We discuss the principles that support and inform the practice of Holotropic Breathwork and go beyond theory to show why Holotropic Breathwork is such a special method for personal exploration and healing. This is a unique opportunity to move to deeper levels of your own inner process and also to learn what is behind the Holotropic approach to working with others. As you become acquainted with accompanying others on their journeys, you will also discover how to translate the Holotropic theory into a tool for enriching your everyday living experience.

Topics include: 1) The power of the inner healer; 2) the Holotropic Breathwork lineage: the history of the healing potential of non-ordinary states; 3) the importance of facilitator presence; 4) an inside look into the framework of a Holotropic Breathwork session; 5) how to encourage and support the integration of the Holotropic experience; and 6) Holotropic body energy release work: including its history - theory and practice, demonstration of bodywork – hands on work by participants, discussion of specific challenging situations facilitators may encounter, on-going exploration of the way Holotropic Breathwork can change our everyday lives.

Music and Transcendence

This module is an exciting and transformative journey through the world of music. Sound and rhythm have always been a vital creative and spiritual tools for transformation. Music has even been called the language of the soul. This is a special opportunity to learn first hand the music structure that defines Holotropic Breathwork in such a special way. In addition we'll also explore other exciting strategies that help make the Holotropic perspective an essential tool for everyday living.

This module includes: 1) Holotropic music: it's history, theory and practice, detailed discussion of the three part structure of a Holotropic Breathwork music set; with demonstrations of specific pieces for each section; 2) Holotropic group work: it's history, theory and practice, discussion of common group experiences and challenging situations; 3) COEX systems: how we work with multi level patterns; 4) demonstration of relaxation; 5) facilitator self care; 6) Practical workshop information – venue, pricing, promotion, brochure, types of workshops.

Spiritual Emergency: Embracing Unexpected Transformation

Understanding Spiritual Emergency is one of the major contributions of the Holotropic perspective. Whether you are a professional or a layperson, someone interested in working with people in transformational crises, or primarily in your own growth, the module offers a rich experience and valuable information. In addition to differentiating between psychosis and spiritual emergency, we'll also explore the intensely practical aspects of who, in these kinds of crises, can benefit from Holotropic breathwork and how best to work with them in their emergencies. This workshop includes a discussion of the concept of spiritual emergency, its manifestations and forms, historical and anthropological perspectives, treatment strategies and work with family and friends.

The Holotropic Paradigm: The Psyche, The Inner Healer and Moving Towards Wholeness

This module offers an exciting exploration of the philosophy, principles, and strategies underlying the experience and practice of Holotropic Breathwork. Topics covered include 1) the power of the Inner Healer and moving towards wholeness; 2) presence: the disciplines required to become an effective Holotropic Breathwork practitioner; 3) COEX's: how the Inner Healer orchestrates transformation through our experiences of the psyche; 4) exploration of the frontiers of the psyche through Movie Yoga; 5) session stories: valuable teachings from practitioners through their work with breathers; 6) open forums focusing on every facet of the Holotropic experience; 7) dance, medication, music journeys and nature celebration.

Description of GTT Elective modules

(new elective modules may be added from time to time)

The Architecture of Psychopathology (with Stan Grof)

This module explores the traditional understanding of various forms of psychopathology of psychogenic origin, as well as the new insights into their nature and dynamics that have emerged from experiential psychotherapy and the work with non-ordinary states of consciousness. This work has revealed that psychogenic disorders cannot be adequately explained in the context of biographical models, but have also significant perinatal and transpersonal dimensions. This module includes discussions of various phobias, inhibited and agitated depression, suicidal behavior, obsessive-compulsive neurosis, conversion hysteria, sexual dysfunctions and deviations, impulsive disorders, psychosomatic illnesses, and addictions.

Psychology of the Future: Lessons from Modern Consciousness Research (with Stan Grof)

This module offers a comprehensive, exciting overview of Stan Grof's five-decade exploration into non-ordinary states of consciousness. He will share his unparalleled experience that challenges the basic assumptions of science and psychology and continues to inspire therapists, seekers and teachers worldwide. Stan Grof will review these remarkable findings and exploring the major revisions to be made in our understanding of consciousness, the psyche and the nature of reality. These radical changes in our thinking would fall into the following categories: the Cartography of the Human Psyche; the Architecture of Emotional and Psychosomatic Disorders; Effective therapeutic Mechanisms; the Strategy of Psychotherapy and Self-Exploration; the role of Spirituality in Human Life; the Nature of reality; Psyche, Cosmos and Consciousness; the relevance of Archetypal Psychology and Astrology for Psychiatry.

Transpersonal & Holotropic Perspectives of the Schools of Depth Psychotherapy (with Stan Grof)

In this module we will review the history of depth psychology and the lives and work of the founders of major schools (Franz Mesmer, Sigmund Freud, Carl Gustav Jung, Wilhelm Reich, Alfred Adler, Otto Rank, Sandor Ferenczi, Melanie Klein and others). Matthew Stelzner, resident astrologist for this module, will bring in the astrological perspective and discuss the correlations between the lives and ideas of these pioneers, major aspects in their natal charts and important transits. During the module we will critically examine which ideas in depth psychology and psychotherapy have been validated by modern consciousness research and which of them have been refuted, revised and transcended. We will propose a blueprint for a psychology and psychotherapy of the future, integrating those insights into consciousness and the human psyche that have withstood the test of time.

Frontiers of Science and the Cosmic Game (with Stan Grof)

In non-ordinary states of consciousness, such as those that occur during systematic meditation practice, shamanic rituals, psychedelic sessions, deep experiential therapy and spontaneous psycho-spiritual crises ("spiritual emergencies"), people often encounter experiences that bring profound philosophical and spiritual insights into human nature and the nature of reality. These insights revolve around such fundamental problems of existence as the mystery of the creative principle in the universe (God), the dynamics of the process of creation, the nature and function of the archetypal realm, the dilemma of good and evil, the 'taboo' of knowing who we are, karma and reincarnation, the role of consciousness in the universe, the relationship between consciousness and matter and the purpose and meaning of human life. In this workshop, the understanding of existence that has emerged from the study of non-ordinary states of consciousness will be compared with various spiritual and esoteric systems and with the revolutionary developments in Western science, usually referred to as the new paradigm.

The Experience of Death and Dying: Psychological, Philosophical and Spiritual Aspects (with Stan Grof)

Accompanied by slides, Stan will explore with the group observations from various areas of modern consciousness research. Thanatology, anthropological shamanic studies, psychedelic research, experiential psychotherapies, and work with people psychospiritual crises (spiritual emergencies) all have important implications for understanding the psychospiritual aspects of death and dying. The focus will be on such topics as the process of psychological death and rebirth, psychedelic therapy with terminal cancer patients, the shamanic initiatory crisis, aboriginal rites of passage, ancient mysteries of death and rebirth, near-death experiences, survival of consciousness after death, instrumental trans-communication, karma and reincarnation, and eschatological mythologies. Using a cross-cultural selection of slides, Stan will explore the ancient books of the dead - the Egyptian *Pert em Hru*, Tibetan *Bardo Thödol*, the Mayan *Ceramic Codex*, the Aztec *Codex Borgia*, and the European *Ars Moriendi*.

Birth, Death and Transformation (with Stan Grof)

Focus on such issues as psychological significance of the trauma of birth, the death-rebirth process, dynamics of the perinatal and transpersonal matrices of the unconscious and their symbolic language, psychological meaning of the experience of death, and others. The seminar will include an extensive slide show illustrating the symbolism of the death-rebirth process from a cross-cultural perspective.

Psyche and Eros (with Stan Grof)

This module explores the observations from modern consciousness research (psychedelic therapy, Holotropic breathwork, and the study of individuals in spiritual emergencies) that provide new insights into the complexity of human sexual experience. We will examine the perinatal and transpersonal roots of variations and deviations of sexual behavior, archetypal roots of sexuality, and transpersonal forms of erotic experience (satanic, oceanic, and tantric sex). Special attention will be paid to Tantric science, art, and ritual.

The Roots of Violence and Greed: Psychospiritual Perspective on the Current Global Crisis

Since time immemorial, violence and greed have been important forces driving human history. With technological progress and exponential population growth in the twentieth century, they have become a threat for survival of life on our planet. It is imperative to gain a deeper understanding of the roots of these forces in the human psyche and to find ways of reducing their impact in the world. We will explore how consciousness research and transpersonal psychology offer new insights into extreme forms of human violence, greed, and social pathology, such as wars, bloody revolutions, terrorism, suicide bombing, concentration camps, and genocide. A slide presentation will demonstrate the astonishing similarities between the symbolism of posters and cartoons from the time of wars and the visions accompanying the reliving of birth and the experience of psychospiritual death and rebirth.

In the Arms of the Dragon: Toward a Moment-to-Moment Holotropic Practice (with Tav Sparks)

Holotropic Breathwork is well known as a powerful catalyst for transformation. This special workshop unveils a radical new application of the Holotropic Perspective. A blueprint for how to enhance our daily life experience in more creative and authentic ways.

Deep work in expanded states of awareness reveals that the most powerful healing force available already resides within us – what we call the Inner Healer. This same force is also the guide for showing each seeker her or his unique way of manifesting a constant, vibrant life trajectory of fulfillment.

Through breathwork, dance, art, meditation, and other practices, we will explore:

1) How to work with and heal patterns uncovered in breathwork

- 2) 'Sitting' for our breathing partner as an archetype for interpersonal relationship
- 3) Transforming our lives into a creative, conscious spiritual practice
- 4) The key to awaken a joyful force of inner creativity
- 5) How to use our Inner Healers as guides to true personal empowerment
- 6) The reemergence of the epic soul and living lives as epic journeys

The Spiritual Quest, Attachment and Addiction (with Tav Sparks)

New ways to look at psychology and spirituality are offering exciting possibilities in the recovery movement, both for individual seekers and for those who work in the treatment field. This workshop explores a whole continuum, from the idea of addiction as an extreme form of attachment, which affects everyone and which is crucial to spiritual seekers of all practices, to the more articulate forms of addiction: substance, process, relationship, and more. Through theory, discussion and experiential exercises, we'll look at (1) the disease paradigm of recovery; (2) the wellness paradigm and the transpersonal recovery center; (3) implications of perinatal and transpersonal dimensions for recovery; (4) the 12 steps as a world yoga; (5) addiction as spiritual emergency; (6) addiction as shamanic crisis; (7) recovery as a mystery school; (8) psychedelics and recovery; (9) recovery and the feminine; (10) addiction from the homeopathic perspective; (11) recovery as death/rebirth; (12) addiction and the global crisis; and more.

Movie Yoga: The Holotropic Experienced Through Film (with Tav Sparks)

This module is an exciting opportunity to experience the Holotropic in film. For years, Tav's passion and knowledge about movies have infused GTT workshops. Participants have found movie watching to be an integral part of the inner process. Based on material from his book *Movie Yoga: How Every Film Can Change Your Life*, Tav will present a complete system of movie watching from the Holotropic perspective. This workshop is for those who want another avenue to take the Holotropic into everyday life. Watch together, breathe together, and learn how movies can become a fun and exciting transformative practice, as you experience the perinatal journey through film. This is sure to be an adventure, so bring the popcorn and your Inner Healer.

The Ringbearer and Moving Toward Wholeness: Transformation in the Lord of the Rings Film Trilogy (with Tav Sparks)

This workshop uses Peter Jackson's film adaptation of The Lord of the Rings and Holotropic Breathwork to create a deep personal experience of being a Ringbearer in the twenty-first century. The popularity of this movie demonstrates planetary culture's striving toward a new world myth, as well as our yearning to discover the deeper dimensions of what it means to be human. Interwoven through our experience of the films, we will explore: The Fellowship characters as mythic dimensions of ourselves; Joseph Campbell's Hero's Journey; Carl Jung and the realm of the archetypes; the reemergence of the epic soul; film as catharsis and spiritual path; death/rebirth in modern popular culture; Holotropic practitioner as Ringbearer; art, ritual, dance, meditation, and role playing. Seeing the films beforehand is not required.

Shamanism (with Diane Haug)

Shamanism is the most ancient of humankind's spiritual, medical, and psychological disciplines. A visionary tradition, shamanism is a practice utilizing altered states of consciousness to contact the spirits of the natural world. With life on our planet in danger and out of balance, shamanic cultures have much to teach with their respect and reverence toward nature. This module will provide a broad introduction to Shamanism as it relates to both our personal healing journey and modern psychology. In addition to using Holotropic Breathwork as an experiential tool for exploring the healing potential of non-ordinary states of consciousness, this workshop will include the use of meditation, guided journey work, movement, silent time in nature and mask making.

The Psychedelic Experience: Promises & Pitfalls (with Diane Haug)

The pioneering research of Stanislav Grof, MD is informing a new generation of psychedelic researchers and therapists who are again examining the enhanced wellness, healing, creativity, and spirituality inherent in the psychedelic experience. During this retreat we will explore topics including the time-honored, cross-cultural use of psychoactive substances; the early pioneers of psychedelic therapy; the healing potential, as well of perils, in working with strong psychoactive catalysts; harm reduction; guidance for supporting others in a substance-related crisis; and government supported research projects worldwide. The topic of psychedelics will be entirely theoretical. However, this will be an excellent opportunity to experience non-ordinary states of consciousness through the vehicle of Holotropic Breathwork.

Language of the Soul: The Art & Practice of Integrating Deep Inner Experiences (with Diane Haug)

To integrate is 'to make whole'. The value of deep work in non-ordinary states of consciousness is, in part, dependent on our ability to reflect on and work with the material we are offered. In this workshop we will explore the theme of integration from both a personal and professional perspective. In addition to Holotropic Breathwork, participants will be introduced to a variety of tools useful in further exploring the themes / issues / insights that have emerged during sessions. These will include meditation, journal writing, movement, mask making, Soul Collage and more. This module will be highly experiential and invite participants into a realm of creative self-expression. "Although transpersonal experiences are potentially healing, their effects are often temporary unless an effort is made to stabilize the insight gained. The task, therefore, goes beyond the induction of such experiences to the task of integrating them effectively into everyday life." Frances Vaughan in "Healing and Wholeness: Transpersonal Psychology" from *Paths Beyond Ego: The Transpersonal Vision*.

Jung's Red Book: The World Within (with Diane Haug & Monika Wikman)

An exciting, creative journey into *The Red Book*, Carl Jung's world of archetypes, dreams, myths, shadow, symbols, alchemy, individuation, and astrology. *The Red Book*, presented for the first time in late 2009, is considered possibly "the most influential unpublished work in the history of psychology". This masterpiece represents an extended period of Jung's deep self-exploration, what he describes as "a confrontation with the unconscious". The workshop includes: 1) An overview of Carl Jung's central themes; 2) The power and significance of Jung's own "spiritual emergency"; 3) A variety of experiential processes, including Holotropic Breathwork(TM); 4) Jung's "active imagination", art, writing, dream work, film, meditation, and movement.

This workshop will be enriching for all seekers and therapists, those wishing to enrich their inner lives with time honored truths and anyone learning to bring Jungian principles into their everyday lives. This is a wonderful opportunity to have a personal, living experience of Jung's most groundbreaking contributions. The workshop will become the alchemical vessel' for your own deep personal exploration, integration, and growth.

The Power of Archetype: Integrating Astrology & Holotropic Breathwork

This workshop provides an overview of the essential elements for beginning your own astrological practice, and will show how astrology can be especially useful with Holotropic Breathwork. It is designed for both the absolute beginner as well as those who are quite skilled in astrology. We will be covering the following and more, using a variety of media, and including demonstrations from participants' charts and the charts of well-known events and individuals: 1) How astrology has influenced Stan and the breathwork, and how Stan's work has influenced astrology — astrological insight into perinatal matrices; 2) Using astrology for insight into challenging breathwork experiences; 3) Astrological archetypes experienced through film clips, and through music; 4) Astrological insight into 9/11 and our current moment in history; 5) Comparing the spiritual insights gained through astrology with other wisdom traditions; 6) How to read a chart and calculate transits.

Ecstatic Remembrance (with Jai Uttal)

This workshop combines two ancient technologies for entering into deep states of consciousness for inner exploration and contact with the collective unconscious. One technique is, as in each [Grof Transpersonal Training](#) module, using the breath in Holotropic Breathwork sessions. The other technique is the ancient one of chanting. 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.

Trauma and Transformation (with Kylea Taylor and Diane Haug)

Deep healing work such as Holotropic Breathwork is often chosen by trauma survivors. Other participants uncover and work to resolve traumatic incidents in the course of personal exploration through Breathwork. This module engages the body, emotions, and spirit as well as the mind through case presentations, transformative inner work, community, and personal creativity. The facilitators have worked since 1988 with trauma survivors in Holotropic Breathwork groups. There will be presentation of historical, anthropological, and psychological perspectives on trauma and abuse, including social incidence and impact, symptoms of PTSD, DSM IV diagnoses in the spectrum of

dissociation, the application of state specific memory to non-ordinary states, treatment approaches that complement Holotropic Breathwork, and trauma recovery as a transformative rite of passage. Special attention will be given to ways of facilitating and integrating Holotropic Breathwork experiences to transform the pain of trauma, self-care in the prevention of vicarious traumatization for the practitioner, especially if the practitioner is also a survivor of trauma, and the role of art and of community in the transformation of trauma.

Cosmos & Psyche (with Richard Tarnas)

As Jung suggested, astrology possesses an extraordinary capacity to illuminate the archetypal dynamics of the human psyche. During their thirty-year collaboration, Rick Tarnas and Stan Grof have repeatedly seen consistent correlations between specific planetary positions and a wide range of psychological states. Besides providing invaluable insight into both the timing and the archetypal character of personal transformation, these correlations suggest that the relationship between the cosmos and the human psyche is very different from the conventional disenchanting worldview. Topics of this module will include: 1) precise descriptions between the timing of individual psychological transformation and planetary transits; 2) the phenomenon of synchronicity; 3) instructions for calculating and evaluating one's own transits; 4) a look at major past and current planetary alignments; 5) coinciding archetypal patterns in history and culture. Rick will address the relevance of this work to the depth psychology tradition initiated by Freud and Jung, and present an overview of the evolution of the Western mind as illuminated by this "return of soul to the world." Participants will get both a theoretical framework and practical information that can be immediately useful in their own lives. Prior background in astrology, though useful, is not necessary.

PRINCIPLES OF HOLOTROPIC BREATHWORK

BY STANISLAV AND CHRISTINA GROF

THEORETICAL POSITION:

A broad understanding of the human psyche that includes the biographical, perinatal, and transpersonal dimensions. Phenomena from all these domains are seen as natural and normal constituents of the psychological process; they are accepted, and supported without preference.

Recognition of the fact that non-ordinary states of consciousness induced by Holotropic Breathwork as well as similar states occurring spontaneously, mobilize intrinsic healing forces in the psyche and the body. As the process is unfolding, this “inner healer” manifests therapeutic wisdom which transcends the knowledge that can be derived from the cognitive understanding of an individual practitioner or from any specific school of psychotherapy or body work.

PRACTICAL APPROACH:

The basic elements in Holotropic Breathwork are deeper and accelerated breathing, evocative music, and facilitation of energy release through a specific form of bodywork. This is complemented by creative expression, such as “mandala” drawing, and discussion of the experience. Holotropic Breathwork can be conducted on a one to one basis, or preferable in a group situation, where participants alternate in the role of experiencers and “Sitters”.

Before the first breathing experience, participants receive an in-depth theoretical preparation which includes a description of the major types of phenomena that occur in Holotropic sessions (biographical, perinatal and transpersonal) and technical instructions for both experiencers and Sitters. Physical and emotional contraindications are discussed and if there are any concerns, expert assessment is obtained.

Holotropic Breathing is faster and deeper than usual; generally no other specific instructions are given before or during the session as to the rate, pattern, and nature of breathing. The experience is entirely internal and largely nonverbal, without interventions. Exceptions are constriction in the throat, management problems, excessive pain or fear threatening the continuation of the session, and explicit request of the Breather.

Music (or other forms of acoustic stimulation -- drumming, nature sounds, etc.) is an integral part of the Holotropic process. Typically, the choice of music follows a characteristic pattern that reflects the most common unfolding of the Holotropic experiences: at the beginning, it is evocative and stimulating, later it becomes increasingly dramatic and dynamic, and finally it reaches a breakthrough quality. Following the culmination, it is appropriate to shift gradually to quieter music and end with peaceful, flowing, and meditative selections. Although this seems to represent the statistical average, it should be modified if the energy in the group suggests that a different pattern is indicated.

The role of the Sitter during the session is to be responsive and non-intrusive, ensure effective breathing, create a safe environment, respect the natural unfolding of the experience, and provide assistance in all situations that require it (physical support, help during bathroom breaks, bringing tissues or a glass of water, etc.) It is important to remain focused and centered while facing the entire spectrum of possible emotions and behaviors of the Breather. Holotropic Breathwork does not use any interventions that come from the intellectual analysis or are based on *a priori* theoretical constructs.

It is important to leave sufficient time for the sessions, usually between two and three hours. However, as a general rule, the process is allowed to reach a natural closure; in exceptional cases, this can take a few hours. In the termination period the facilitator offers bodywork (energy release work), if the breathing has not resolved all the emotional and physical tensions activated during the sessions. The basic principle of this work is to take the clues from the experiencer and create a situation where the existing symptoms are amplified while the energy and awareness is held in this area, the subject is encouraged to express fully his or her reaction, whichever form it takes. This form of bodywork energy release work is an essential part of the Holotropic approach and plays an important role in the completion and integration of the experience.

Facilitators of Holotropic Breathwork should recognize that, when they utilize a technique which evokes a non-ordinary state in a client, there is a potential for unusually intense projections, including regressed longings for nurturing, sexual contact, or spiritual connection. These projections are often focused on the facilitator. In such cases the facilitator should be sensitive to the imbalance of power in the facilitator and client roles and take care to assist clients with such feelings as they arise. Facilitators make agreements to conduct their practice of Holotropic Breathwork in a ethical manner.

Discussion groups take place on the same day after an extended break. During these sessions, the facilitator does not give interpretations of the material, based on a specific theoretical system, including that of Holotropic Breathwork. It is preferable to ask the experiencer for further elaboration and clarification reflecting his or her insights from the session. Jungian amplification in the form of mythological and anthropological references can be very useful in the discussion of the Holotropic experiences as well as the mandalas. On occasion, references to the facilitator's own experiences in the past or experiences of other people might be appropriate.

There are many approaches that complement Holotropic Breathwork. However, whenever these are used, it should be clearly indicated that these are not a part of Holotropic Breathwork. If the practice of conducting the sessions itself departs significantly from the above descriptions, the name Holotropic Breathwork should not be used for such a procedure. We ask that it be replaced by a different term and not be associated with our names.

Stanislav and Christina Grof

LETTER FROM STAN AND CHRISTINA GROF

Dear Participants in Holotropic Breathwork Training,

Many people in training, as well as potential trainees ask us why we require a minimum of two years of continuous training in Holotropic Breathwork before certification. We feel that this issue is so important that it deserves a few words of explanation. Holotropic Breathwork has certain important characteristics that differentiate it from many other forms of self-exploration and therapy. This is closely related to the fact that we work systematically with non-ordinary states of consciousness, which presents very specific emotional and philosophical challenges.

Since it employs very natural means, such as faster breathing and evocative music, Holotropic Breathwork might appear deceptively simple to a superficial observer. In addition, this approach relies on the spontaneous healing forces within the psyche and the body. The body work that we use is based on the clues coming from the experiences and the interventions consist in deepening and accentuating what is happening already. There is no complex system of techniques that one has to acquire. The basic principles of the breathwork can be taught within a few hours and it is easy to come to the conclusion that nothing more is necessary. We have encountered situations where people, some of whom were professionals, attended a single weekend seminar with us and felt immediately qualified to offer their own workshops.

However as you know, a good facilitator has to have qualifications that lie far beyond a simple familiarity with mechanics. Holotropic Breathwork elicits a wide range of very unusual experiences that can be extremely dramatic. In addition, many of them are not understandable in the context of science. We have repeatedly seen that even professionals with full traditional training, who consistently see psychiatric patients in their clinical practice can have great difficulties working intimately with people in non-ordinary states of consciousness. To be able to effectively facilitate Holotropic sessions for others, we often have to go through a very profound personal transformation that has emotional, psychological, philosophical, and spiritual dimensions.

As you train to be Holotropic Breathwork facilitators, we ask you to work toward the capacity to remain unperturbed while providing support for people in all possible forms of non-ordinary states of consciousness, toward the ability to follow them wherever they have to go in their experiences, and toward maintaining trust in the intrinsic healing forces in them. We require that you do a considerable amount of deep personal work in order to reduce or eliminate certain problematic areas in the psyche, which are easily triggered when we assist in the intense emotional processes of other people. Your competence and self-confidence in this area will also grow as you observe a number of different states of mind in others and their successful resolution. For this reason, we require that you spend sufficient time in sessions guided by experienced facilitators in the modules and outside of them.

The Holotropic Breathwork training always combines theoretical lectures with experiential sessions, in which the trainees alternate in the roles of experiencers, sitters, and "floaters" or group supervisors. During the training, we also suggest that the trainees enter an apprenticeship relationship with certified facilitators to obtain additional practice and personal experience. Holotropic sessions engage deep levels of the unconscious and bring to the surface much unconscious material that requires sufficient time for integration. Personal experiences, as well as participation in the processing sessions with others, tend to bring about profound changes in our world view, philosophy, and system of values. This aspect of the process also requires time, since

these changes are often in conflict with the beliefs and norms of the culture in which we live. For this reason, unlearning might be as important a part of the training as learning new things.

To summarize: We feel very strongly that a minimum of two years of systematic involvement with Holotropic Breathwork is a necessary requirement for training; this time limit serves the interests of your own personal and professional growth, as well as the integrity of the training program. It discourages the rapid accumulation of training modules without sufficient time for integration and offers the opportunities for additional experiences in peer groups or in apprenticeship with certified facilitators. This also means more opportunity to observe and participate in other people's process and to watch the work of facilitators. It has been our experience that most people need to be around the work for awhile to undergo the necessary transformation and to begin to really trust the process.

When you have completed the modules and apply for the certification intensive, we will ask you for a written record of the work you have done in Holotropic Breathwork, with the dates and places.

With warm regards,

Stanislav Grof, M.D.

Christina Grof



**APPLICATION FORM FOR TRAINING IN
HOLOTROPIC BREATHWORK AND TRANSPERSONAL PSYCHOLOGY**
Grof Transpersonal Training

Name: _____

Place of birth: _____ Date of Birth: _____

Address: _____

City/State/Province: _____ Zip/PostalCode: _____

Country: _____ E-mail: _____

Phone: _____ Fax: _____

Profession: _____

Sex: male _____ female _____

Marital status: married _____ single _____ divorced _____ widowed _____

Children: number _____ ages: _____

First or preferred language: _____

Knowledge of other languages: _____

Education: _____

Previous training:

Psychology, psychiatry, and psychotherapy: _____

Body work: _____

Spiritual disciplines: _____

Other relevant fields: _____

Interests and
hobbies: _____

Personal experience with psychotherapy and self-exploration:

Therapeutic: _____

Training: _____

Previous participation in Grof workshops or
seminars: _____

Previous experience with Holotropic
Breathwork: _____

How do you plan to apply what you've learned in the
training? _____

Additional biographical information, minimum 1 page and maximum 3 pages.
(This information should elaborate on any relevant information from the above
application):

Medical Form for Holotropic Breathwork Training Application

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.

1. Do you have a past history of, have been diagnosed with, or are currently experiencing, any of the following:

	YES	NO
A) Cardiovascular disease, including heart attacks and any cardiovascular surgery	_____	_____
B) High blood pressure	_____	_____
C) Diagnosed psychiatric condition	_____	_____
D) Recent surgery	_____	_____
E) Past or recent physical injuries, including fractures or dislocations	_____	_____
F) Present or current infectious or communicable diseases	_____	_____
G) Glaucoma	_____	_____
H) Retinal detachment	_____	_____
I) Epilepsy	_____	_____
J) Osteoporosis	_____	_____
K) Asthma (If yes, please bring your inhaler to the workshop)	_____	_____
2. Are you currently pregnant?	_____	_____
3. Have you been hospitalized in the past 20 years for significant medical issues?	_____	_____
4. Have you ever been psychiatrically hospitalized?	_____	_____
5. Are you currently in therapy or involved in any type of support group?	_____	_____
6. Are you currently taking any type of medication? If yes, please list medications below	_____	_____
7. Is there anything else about your physical or emotional status we should be aware of?	_____	_____

8. 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

Ethical Agreements of Holotropic Breathwork Practitioners

Preface

The practice of Holotropic Breathwork involves work with clients in non-ordinary states of consciousness. It is described in the "Theoretical Principles of Holotropic Breathwork" by Stanislov and Christina Grof. As individuals or as individuals working in organizations, we subscribe to the value of self-examination in order to promote personal growth in ethics. Because practitioners who keep these Agreements avoid behavior which may be exploitative to participants and may also bring injury to the larger Holotropic Breathwork community, we subscribe to the principle that we need to give and receive feedback from each other in order to maintain the highest integrity in the Holotropic Breathwork community. We make the following agreements which specifically apply to our relationship with clients as practitioners of Holotropic Breathwork.

Agreements

1. We commit ourselves, as practitioners-in-training to practice Holotropic Breathwork only within the limitations of our training and competence, and to do so under the direct supervision of a Certified Holotropic Breathwork Practitioner.
2. We commit ourselves, as Holotropic Breathwork Practitioners to be open to receive feedback from other Holotropic Breathwork Practitioners. We also commit ourselves to give feedback to other Practitioners, especially when we believe that the other Practitioners have failed to keep one of the following agreements.
3. We will keep workshop clients/participants confidences within the limits of the state law.
4. We create a safe setting for clients, as defined by the Holotropic Breathwork Principles.
5. We will represent ourselves and act only within the bounds of our experience and competence and help our apprentices and trainees to do the same.
6. If we are certified and qualified to supervise trainees as apprentices, we agree to be responsible for providing ethical guidance to our apprentices (including these agreements) while they are under our supervision.
7. We continue to increase our Holotropic Breathwork competence.
8. As researchers, educators, and authors we are dedicated to presenting accurate information and to citing our sources.
9. Dual Practitioners risk role confusion and the appearance or reality of exploiting clients for personal gain. We agree to discuss with our peers any of our relationships with participants or apprentices. We agree to avoid and refrain from dual relationships, which may be exploitative sexually, emotionally, spiritually, economically, hierarchically, or ideologically.
10. We do not invite, project, respond to, or allow any sexual contact with our clients or apprentices.
11. We provide referrals to workshop participants who require follow-up or referral to local community resources.
12. We seek appropriate professional assistance for our own personal problems or conflicts which may impair our work performance or professional judgments.
13. We respect the emotional, physical, mental, and spiritual autonomy of our clients. We enable them to choose freely with respect to participating in Holotropic Breathwork, following suggestions, and accepting physical interventions.
14. We maintain clear and honest business practices, including making agreements regarding appointments, workshop times and fees.
15. In establishing the rates for our services we consider the financial situation of our clients.
16. We recognize a responsibility to participate in activities that contribute to the community, including devoting a portion of our services for little or no financial reward.

I, the undersigned, agree to uphold the above Agreements of the Holotropic Breathwork community and the Association for Holotropic Breathwork International.

Signature & print name

Date

GROF TRANSPERSONAL TRAINING PROGRAM PARTICIPANT CONTRACT RELEASE, WAIVER, AND INDEMNITY OF LIABILITY AGREEMENT

This form must be completed by EACH applicant planning on attending the Grof Transpersonal Training program ("Program") or any modules. This agreement ("Agreement") is entered into by _____ ("Participant") and Grof Transpersonal Training, its officers, agents, principals and employees (hereinafter collectively referred to as "GTT"). In consideration of being admitted to the Program and permitted to participate in the activities and modules I hereby agree as follows:

1. Participant has read and signed the following Ethical Agreements of Holotropic Breathwork Practitioners; Principles of Holotropic Breathwork; and GTT Requirements for Certification in Holotropic Breathwork and agrees to comply with them.
2. Participant understands that a violation of the aforementioned GTT Ethics, Policies and Procedures Guidelines would be grounds for dismissal from the Program. Participant also understands and agrees that he/she is attending the Program at the discretion of GTT and can be dismissed from the Program at any time without being informed of the reason for dismissal.
3. Participant has filled out an Application Form for training. That form is fully incorporated into this agreement.
4. This Agreement is made and entered into under the laws of the State of California and the United States and shall be interpreted, governed and enforced under and pursuant to these laws. Should Participant or GTT bring an action to enforce the terms of this agreement Participant agrees to personal jurisdiction in California and waives any rights he/she may have in litigating in any other jurisdiction.
5. Participant agrees that should an action be brought against GTT for any reason whether to enforce the terms of this agreement or on some other basis, Participant agrees that all disputes between Participant and GTT will be litigated in California and Participant waives any rights he/she may have in litigating in any other jurisdiction.
6. Participant has filled out the Medical Information Form and certifies that he/she does not have any medical or physical conditions which would impair or affect his/her ability to engage in any activities or which would cause any risk of harm to Participant, other participants and/or GTT or otherwise endanger Participant's health while attending GTT. Participant further agrees that it is Participant's responsibility to maintain the accuracy and contemporaneousness of the Medical Information Form. GTT will assume that Participant's Medical Information Form is correct until Participant files an updated or corrected form. The medical information is fully incorporated by reference within this agreement.
7. Participant is aware that certain activities he/she may engage in during the Program are physically, emotionally and mentally stressful. Participant agrees to assume full responsibility for his/her own physical, emotional and mental health and hold harmless GTT from any physical, emotional and/or mental damage that may be attributed to GTT. Participant further holds harmless GTT from any and all loss, liability,

injury, damage or cost which may arise out of or in connection with participation in the Program.

8. Participant waives, releases and discharges any and all claims, rights and/or causes of action which he/she now have or which may arise out of or in connection with participation in the Program as well as which may arise out of or in connection with Participant's attendance and/or participation in the activities associated with the Program. Therefore, under no circumstance will Participant prosecute or present any claim for personal injury, property damage or any other cause of action against GTT.

9. This agreement is binding on Participant's heirs, assignees, dependents, personal representatives and estate.

10. No oral representations, statements or inducements have been made to Participant to cause them to enter into this agreement.

11. At the choosing of GTT any claim or controversy that arises out of or relates to this agreement, or the breach of it, may be settled by arbitration in accordance with the rules of the American Arbitration Association. Such arbitration shall be binding upon the parties and Judgment upon the award rendered may be entered in any court with jurisdiction.

12. Should GTT be successful in bringing an action to enforce the terms hereof or successful in defending itself from a suit brought by Participant, GTT shall recover all costs and expenses incurred in such action, including reasonable attorneys' fees.

13. Should any provision of this Agreement be held invalid or illegal, such illegality shall not invalidate the remainder of this Agreement. In that event, this Agreement shall be construed as if it did not contain the invalid or illegal part, and the rights and obligations of the parties shall be construed and enforced accordingly.

I have read this agreement and understand it contains release of all claims language for injuries and damages. I voluntarily sign my name evidencing acceptance of the provisions of this agreement. If English is not my native language I have either studied enough English to be able to read and understand this agreement, or I have had this agreement explained to me in my native language.

Date

Grof Transpersonal Training

Printed name of participant

CRITERIA FOR BECOMING A HOLOTROPIC BREATHWORK PRACTITIONER

I acknowledge that, in addition to completing the basic requirements for certification in Holotropic Breathwork, I must also demonstrate proficiency in:

1. A theoretical understanding of the Holotropic perspective and transpersonal psychology
2. Knowledge and practice of Holotropic Focused Release Work
3. The theory of how music is used in Holotropic Breathwork, and creating a set of music for a Holotropic session
4. Facilitating and leading Holotropic groups

I must also demonstrate a certain level of psychological and spiritual maturity that allows me to work with others in a safe and respectful manner, within the spirit and guidelines of Holotropic Breathwork.

I have read the "Principles of Holotropic Breathwork" and understand that these are the guidelines that define Grof Transpersonal Training.

I have read and accepted the conditions and terms of this program as described in the documents that accompany this form. I hereby confirm that I do not have any of the physical conditions considered to be contraindications for Holotropic Breathwork: serious cardiovascular problems (history of heart attacks, cardiac insufficiency, malignant hypertension, arteriosclerosis, arterial aneurysm, and any similar disorders), glaucoma, or epilepsy, and that I am generally in good physical health.* I have been informed that personal holotropic work is not recommended during pregnancy. I also understand that the offered program is structured as an educational experience and its format is not suitable for treating serious emotional disorders or spiritual emergencies. I assume full responsibility for my health and will not hold the organizers responsible for any disorders or complications that might develop during the training period

Signature

Print name

Date

CHECKLIST FOR TRAINING APPLICATION

Please use the checklist below to make sure that you have included all necessary information with your training application pack.

Your training application can be submitted by mail or email to the following”

GROF TRANSPERSONAL TRAINING Phone: (415) 383-8779
38 Miller Ave. PMB 516 Fax: (415) 383-0965
Mill Valley, CA 94941 gtt@holotropic.com
USA www.holotropic.com

Documents and supporting information required:	Please tick or add comment
Training application form (including biographical note)	
Recent photograph	
Recommendation from a certified HB facilitator	
Completed and signed medical form	
Signed Ethical Agreements for HB	
Signed Criteria for Certification	
Signed Participant Contract and Liability Agreement	
\$75 application fee (and method of payment)	

GTT Floating and Apprenticing Guidelines

Floating

“Floating” (walking the floor during breathwork sessions) is open to those in the training who have attended at least five modules (including the bodywork module) and who would like to have the experience of working alongside GTT staff while attending the module as a participant. Floating during a module can be for two of the breathwork sessions, or for all four breathwork sessions.

If you would like to ‘float’, and you have enough modules to do so, please let the facilitator team know at the module.

(Please note: the cost is the regular cost of attending a module)

Apprenticing

Apprenticing is the opportunity to gain experience of the facilitator role within a supportive setting by working alongside GTT certified facilitators. It is also a requirement of the facilitator training program that trainees have a minimum of four experiences of working as an apprentice.

Trainees can apprentice in workshops facilitated by a certified Holotropic Breathwork facilitator (with the agreement and support of the facilitator!) any time after the completion of five modules, one of which must be the bodywork module.

For those wishing to gain further experience of apprenticing, there is also the option of applying to join the GTT Advanced Apprentice Program. Applications are welcomed from those in the training who are already certified, or who have completed seven GTT modules, including the bodywork module.

If you would like to join the advanced apprentice program, and meet the requirements to do so, please complete and return the application form at the end of this pack. GTT will be in touch once your application has been processed.

(Please note: certified apprentices cover their own expenses: travel, room and board; non-certified apprentices cover their own expenses plus a fee of \$150).

Grof Transpersonal Training READING LIST

The following books are required reading for the GTT program for certification in Holotropic Breathwork. Additional recommended reading are any other books by Stanislav Grof, Christina Grof, Tav Sparks, Kylea Taylor, and other books listed on our website or available at our training events and workshops.

Unless otherwise noted, all books can be ordered from the GTT website (holotropic.com), from the book's publisher, or from most other bookstores.

By Stanislav Grof:

BEYOND THE BRAIN: BIRTH, DEATH & TRANSCENDENCE IN PSYCHOTHERAPY (SUNY Press, 1985)

THE COSMIC GAME: EXPLORATIONS OF THE FRONTIERS OF HUMAN CONSCIOUSNESS (SUNY Press, 2005)

PSYCHOLOGY OF THE FUTURE: LESSONS FROM MODERN CONSCIOUSNESS RESEARCH (SUNY Press, 2000)

By or edited by Stanislav Grof and Christina Grof:

HOLOTROPIC BREATHWORK: A NEW APPROACH TO SELF-EXPLORATION AND THERAPY (SUNY, 2010)

SPIRITUAL EMERGENCY: WHEN PERSONAL TRANSFORMATION BECOMES A CRISIS (Tarcher, 1989)

THE STORMY SEARCH FOR THE SELF (Tarcher, 1989)

By Christina Grof:

THE THIRST FOR WHOLENESS: ATTACHMENT, ADDICTION & THE SPIRITUAL PATH (HarperCollins, 1993)

By Tav Sparks:

DOING NOT DOING (training manual only available from GTT)

THE WIDE OPEN DOOR: THE TWELVE STEPS, SPIRITUAL TRADITION & THE NEW PSYCHOLOGY (Hanford Mead, 1993)

MOVIE YOGA (Hanford Mead, 2009)

HOLOTROPIC BREATHWORK CD SERIES (Hanford Mead, 2010)

By or edited by Kylea Taylor:

THE BREATHWORK EXPERIENCE (Hanford Mead, 1994)

CONSIDERING HOLOTROPIC BREATHWORK (Hanford Mead, 2008)

HOLOTROPIC WORKSHOP MANUAL (Hanford Mead, 200)

By Richard Tarnas:

COSMOS & PSYCHE: INTIMATIONS OF A NEW WORLD VIEW (Penguin, 2006)

By Roger Walsh & Frances Vaughan:

PATHS BEYOND EGO (Tarcher, 1993)

Record of requirements completed for Certification in Holotropic Breathwork

Your name: _____

Name you would like on certificate: _____

Date and location of certification applied for: _____

Required modules	Date attended	Location
Spiritual Emergency		
The Holotropic Paradigm		
Music and Transcendence		
The Power Within		
Elective Modules		
1		
2		
3		
Repeated modules (if any)		

Required 10 workshops (in a group setting)	Date attended	Facilitated by

Apprenticing dates (4 apprenticeships required)	Location	Facilitator/s

Consultations with certified facilitators (10 required – 1 of which must be specifically for music)	Date	Facilitator
Music Consultation		

For GTT office use:

Recommended for the training by: _____

Self evaluation submitted on: _____

GROF TRANSPERSONAL TRAINING

List of GTT facilitators approved for the required music consultation:

Name	Country	Contact Information
Diane Haug	USA	dianeh@newmexico.com
Diana Medina	USA	medinachicaloca@aol.com
Stacia Butterfield	USA	nomadyes@me.com
Mireya Alejo	USA	mireyaam@gmail.com
Matthew Stelzner	USA	matthew@matthewstelzner.com
Michael Stone	USA	Michael@HolotropicBreathworkLA.com
Kirsten Kairos	USA	holotropicbreathwork@kirstenkairos.com
Vicky Nicholson	Australia	vickynicholson@me.com
Juanjo Segura	Spain	info@holotropica.org
Sitara Blasco	Spain	info@holotropica.org
Holly Harman	UK	Holly@holotropicuk.co.uk
Deb Dunning	UK	Deb@holotropicuk.co.uk