



Transpersonal Training

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

Warm greetings,

For this year's spring events in the Northeast US, we are delighted to offer you the opportunity to experience **The Power of Archetype: Integrating Astrology & the Holotropic** with guest faculty Keiron Le Grice as the first six-day retreat (see Keiron's bio below). The second is **The Power Within: The Practice of Holotropic Breathwork** led by GTT senior teacher Diana Medina.

As always, each six-day module is open to anyone interested in experiencing this work in a longer retreat setting, including those new to HB. These events provide a unique opportunity to deepen your process of self-exploration. For certified practitioners, either of the modules can be used to meet your requirement for continuing professional development. And for those pursuing certification, the first is an optional, and the second a required, topic toward your training.

We will be returning for the second year to the lovely Guest House and Retreat Conference Center, located midway between New York City and Boston, just 10 miles North of the Long Island Sound coastline. This welcoming retreat center is set in 17 acres of woodland in the scenic Connecticut River Valley, right beside the Cockaposeet State Forest. Besides the beautiful accommodations and tasty meals, the Guest House is the perfect place to walk, hike or just sit and observe the beautiful outdoors.

Holotropic Breathwork is a "technology of the sacred." In addition to learning tools and techniques for living a more creative and fulfilling life, you will also meet like-minded individuals from all around the U.S. and many other countries. Participants at these events are a wonderfully diverse group of individuals with a common passion for the inner journey. Four Holotropic Breathwork sessions are held at each of these workshops. Participants will have the opportunity to breathe twice and sit twice at each one.

To register for either or both, please complete the registration and medical forms at the end of this flyer and return to gtt@holotropic.com or mail to the postal address shown above.

If you are already a certified HB practitioner, your fee is reduced by \$150. Either of these modules can be used for your continuing professional development.

WHAT AND WHEN:

The Power of Archetype: Integrating Astrology & the Holotropic (open to all, and counts as an elective topic for those getting certified). Saturday, May 20, to Thursday, May 25, 2017, with **Keiron Le Grice (first 2 days)** and GTT staff.

Stan Grof considers the combination of a holotropic psychology and archetypal astrology to be "the most promising strategy for the future development of psychiatry and depth psychology." Tracking the moving positions of the planets in our solar system and interpreting the meaning of the changing relationships between them can provide unparalleled insights into the workings of universal principles, or archetypes, in human experience. Archetypal astrology provides a frame of reference to help us better understand what is happening in the depths of the psyche and to greatly enhance the value and relevance of our Holotropic Breathwork experiences. Using examples from art and culture, we will explore the fundamentals of an archetypal approach to astrology, focusing especially on the correlations between the principles associated with the four outer planets—Saturn, Uranus, Neptune, and Pluto—and the four "basic perinatal matrices" described by Grof. You will learn how to work with your own astrological birth chart, gaining insight into the patterns and themes of your life experiences, as well as how to use astrology for a better understanding of the non-ordinary states of

consciousness encountered in your Holotropic sessions.

Keiron Le Grice is a professor of depth psychology and chair of the Jungian and Archetypal Studies specialization at Pacifica Graduate Institute, Santa Barbara, where he teaches courses on archetypes, alchemy, individuation, synchronicity, and the history of depth psychology.

For Keiron LeGrice's bio click here: <http://www.keironlegrice.com/biography.htm>

The Power Within: The Practice of Holotropic Breathwork (open to all, and counts as a required topic for those getting certified). Saturday, May 27, to Thursday, June 1, 2017, with Diana **Medina** and GTT staff.

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.

For Diana Medina's bio click here: <http://www.holotropic.com/bios-gtt-staff.shtml#diana>

Registration: Saturday, May 20 and Saturday, May 27 at 9:30 am. The modules will start after registration, approximately 10:30 am. Departure: Thursday, May 25 and Thursday, June 1 at approximately 1 pm.

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

Breakfast: 8:00-9:00 am

Afternoon session: 2:30 pm

Begin: 9:00 am

Dinner: 6:00 pm

Lunch: 12:30-2:00 pm

Evening session: 7-10:00 pm

WHERE: Guest House Retreat & Conference Center, 318 Main St, Chester, CT 06412

Getting to the Guest House: <https://guesthousecenter.org/visit/getting-here/>

ACCOMODATIONS: There are three rooming options: triple, double and single. Single room availability is limited and while we hope to accommodate everyone's first choice, this may not be possible. If there are more requests for singles than there are single rooms available, we will let you know that you will be accommodated in a double. Similarly, if an odd number of people request doubles, it may be necessary for you to be in a triple room (unless you prefer a single and one is available).

COST, including training, rooming and meals:

For registrations received before April 8 – *triple \$1650**; *double \$1750*; *single - \$1975*

For registrations received after April 8 – *triple \$1700*; *double \$1800*; *single - \$2025*

** There are a limited number of triples available, so if this is your first choice please register early.*

IMPORTANT: If we cannot give you your first choice of rooming, your fee will be adjusted to match the actual room 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 charge will reflect the actual room occupied (single, double, or triple).

ADDITIONAL ACCOMODATIONS FOR EXTRA NIGHTS: Arrangements for additional nights lodging before or between the modules must be made through the GTT office. **Because we will be charged for them, if you have a cancellation or no-show for extra nights after the cancellation cut off date for the modules, we will not be able to give refunds or credit.** Rates for extra nights before or between modules, including dinner and breakfast are as follows: triple \$130 double \$150, single \$175.

MEALS: Meals will begin on Saturday at lunch through to breakfast on Thursday. Please choose one of the available meal options on the registration form.

TRANSPORTATION – for detailed information about travel to the venue please see the Guest House website: <https://guesthousecenter.org/visit/getting-here/>

By train: Guest House is located approximately 10 minutes from the Old Saybrook train station. Amtrak and Metro North both stop there, and from the station you can take a taxi to Guest House. From New York City it is approximately 2 hours by train, from Boston also approximately 2 hours by train. When scheduling your trip, please keep in mind that Amtrak is frequently late – Metro North is more reliable.

By air: Guest House is conveniently located near three major airports: Bradley International Airport, Hartford (50 minutes); Tweed Airport, New Haven (40 minutes) and T.F Green Airport, Providence (1 hr. 25 minutes).

WHAT TO BRING: Loose, comfortable clothing, walking shoes or hiking boots, warm jacket, hat, rain gear, personal journal, sunscreen, water bottle, swimsuit, lip balm, flashlight. Sorry, no pets.

IMPORTANT NOTE: Participants will not be allowed to take pillows, blankets or mattresses from the sleeping rooms to the group rooms. Mats are provided but you may wish to bring your own sheets.

REGISTRATION FEES: Your fees include tuition, meals and lodging as indicated above. Payment should be made by April 8 along with your registration in order to secure the early bird rate. Please make checks payable to: Grof Transpersonal Training.

CANCELLATION POLICY

\$100 of your payment per module is a non-refundable processing fee. The balance is refundable upon cancellation until **May 6**. There can be no refunds or credits for any reason after that date. If you register without sending payment, the cancellation policy still applies, and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY

Use of alcohol, marijuana, or any non-prescription drugs or other illegal substances is not permitted during the training (including days between modules) or at the training site. Anyone using alcohol, drugs or other illegal substances during the training module or at the training site will not be allowed to attend the training.

We look forward to seeing you soon!

GTT office staff



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Please return registration and medical forms with payment by April 8, 2017 for the early registration rate.
Registrations or payments made after that date will be at the full price.

NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ ZIP _____

TELEPHONE :(DAY) _____ (EVE) _____

FAX _____ e-mail _____

ROOM PREFERENCE (PLEASE NOTE THAT SINGLE ROOMS ARE LIMITED AND WILL BE OFFERED AS AVAILABLE)

	<i>TRIPLE</i>	<i>DOUBLE</i>	<i>SINGLE</i>
Early bird cost per module (Registration and payment in full received before April 8):	\$1650	\$1750	\$1975
Regular cost per module (Registration and payment received after April 8):	\$1700	\$1800	\$2025

I AM REGISTERING FOR THE TRAINING MODULE/S: FILL IN AMOUNT BELOW

_____ Archetypal Astrology	May 20-25	_____	_____	_____
_____ The Power Within	May 27-June 1	_____	_____	_____

I AM ALSO REGISTERING FOR THE EXTRA NIGHTS BEFORE AND BETWEEN THE MODULES AS FOLLOWS

Price includes dinner and breakfast: <i>Cost per night:</i>	\$150	\$170	\$195
Night of Friday, May 19	_____	_____	_____
Night of Thursday, May 25	_____	_____	_____
Night of Friday, May 26	_____	_____	_____

Wire transfer (\$15 per transfer) or credit card (\$25 per module) fee (see below) _____

Total amount due _____

PAYMENT

Full payment, preferably by check, should accompany this registration, unless you have contacted us to make other arrangements. Those registering from outside of the U.S. have several options. You may pay by PayPal or send a check or draft made out in U.S. dollars drawn from a US bank. If using PayPal, send to workshop@holotropic.com. Please add 3.6% in PayPal fees for US transactions and 4% for overseas transactions. We can also accept Visa, MasterCard, Discover or American Express, although other forms of payment are preferred. See below.

I am enclosing payment of \$ _____ or I am sending a wire transfer for \$ _____

Please charge my Visa or MasterCard \$ _____ .

Please add \$25 per MODULE for payments made by credit card.

Contact us for information about work/study or payment plans.

If paying by Visa or MasterCard please print the 16-digit card number, expiration date, the 3-digit number on the back, and (US. Only) zip code for the address on your credit card bill.

_____ - _____ - _____ - _____ - _____

Exp.date _____ CVC code (3 digit number on back of card) _____

Street address and zip code of card billing, if different from address above _____

OTHER

I will be driving from _____ flying into New York _____ other (specify) _____

I am a smoker ___ a non-smoker ___ a snorer ___ I would like to share a room with: _____

Please select one of the following food options:

VEGETARIAN _____ NON-VEGETARIAN _____

PLEASE READ AND SIGN THE FOLLOWING. YOUR SIGNATURE IS REQUIRED FOR REGISTRATION.

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I have read and understand the above cancellation policy and substance use policy.

Signature

Date

For office use:

Date rec'd _____ Conf sent _____

Check # _____ Amount _____

Medical Form for Holotropic Breathwork

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