



# THE HOLOTROPIC SHIFT & THE POWER WITHIN

*Holotropic Breathwork™ & more, with*

**TAV SPARKS\*, MICHAEL STONE & STACIA BUTTERFIELD**

*\* Tav is director of Grof Transpersonal Training*

*Saturday, January 26 and Sunday, January 27, 2019  
Burlingame (near San Francisco airport), California  
Register before December 15 to save \$50*

With **Holotropic Breathwork** each participant gains direct access to his or her own inner healing wisdom. In your HB session, this wisdom brings you a unique and ideal combination of experiences that can include aspects of your personal history and birth, as well as psychological death/rebirth, and an infinite array of transpersonal experiences. Through breathing, a specially designed musical journey, and a safe and supportive setting with a trained staff of facilitators, you experience a true expanded state of awareness, allowing deep self-exploration and personal transformation. Mandala drawing and group processing of the experiences are important integrative elements of the Holotropic process.

In addition, we will present Tav's breakthrough "APS" (Awareness Positioning System) technology, which can be used to apply the principles of HB to enhance and upgrade your everyday life. By using this practice, every outer experience can become an opportunity for inner transformation and self-empowerment.

**Workshop cost: \$325 until December 15; \$375 after December 15**

For hotel reservations at group rate, please book through the following link:

<https://book.passkey.com/go/HolotropicsJAN2019>

***Tav Sparks** has over 30 years of experience working therapeutically with people in expanded states of awareness. He is the author of four books, including *The Power Within: Becoming, Being, and The Holotropic Paradigm* and *Movie Yoga: How Every Film Can Change Your Life*, and a CD series on HB.*

***Michael Stone** and **Stacia Butterfield** are highly experienced HB workshops leaders. Michael presents many workshops and retreats in southern California (*Holotropic Breathwork LA*). Stacia is a long-time staff member of Grof Transpersonal Training. (Extended bios at links.)*

**Info/registration: [workshop@holotropic.com](mailto:workshop@holotropic.com); Ph 415 383-8779 / Fax 415 382-1073**

*Please note: relative contraindications for Holotropic Breathwork are pregnancy, heart disease, or history of severe emotional disorder. Please contact us in advance if you think any of these apply to you.*