



The Spiritual Quest: Attachment and Addiction

With Rob Park and Vicky Nicholson

**A six-day intensive course in Holotropic
Breathwork:**

**10—15 June 2018 Poatina Village,
Tasmania, Australia.**

A Grof Transpersonal Training Module

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 module 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:

- The disease paradigm of recovery;
- The wellness paradigm and the transpersonal recovery centre;
- Implications of perinatal and transpersonal dimensions for recovery;
- The 12 steps as a world yoga;
- Addiction as spiritual emergency;
- Addiction as shamanic crisis;
- Recovery as a mystery school;
- Psychedelics and recovery;
- Recovery and the feminine;
- Addiction from the homeopathic perspective;
- Recovery as death/rebirth;
- Addiction and the global crisis, and more.

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 dance, artwork, film, and other integration practices 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 Transpersonal 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*.

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

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.

Rob Park is a certified Holotropic Breathwork Facilitator by GTT. He is a Licensed Chemical Dependency Counselor and founder of Luna Recovery Services. He has been in the addiction field since 2005, working in several prominent treatment centers around the country. Rob has held workshops for people in recovery at various treatment centers, holds workshops for the public in Houston, TX. He is committed to the holotropic perspective as a way of life and is very passionate about supporting others in their inward journey.

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. 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.

Tav Sparks will join us for a session via Skype to share his extensive experience of transforming the way we regard attachment and addiction

Tav Sparks is director of Grof Transpersonal Training (GTT), the only training program that certifies people as practitioners of Holotropic Breathwork. Tav is a teacher, consultant, and writer with over 30 years of experience working therapeutically with people in non-ordinary states of consciousness.

Since 1986, Tav has conducted hundreds of trainings and workshops and supported thousands of individuals in their deep inner work. In 1990, he became the primary faculty member of GTT, working alongside Stanislav Grof, M.D. (co-creator, with Christina Grof, of Holotropic Breathwork). In 1998, Tav and Cary Sparks took over GTT from the Grofs, and Tav currently leads and oversees a network of seminars and events all over Europe, America, and Australia.

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.

Cost: (Australian dollars)

\$1850 single room

\$1675 twin/double room

\$1550 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:

Vicky Nicholson, Grof Transpersonal Training.

4/30 Caladium Place, Blackmans Bay, 7052 Tasmania, Australia.

Phone: Mobile: (+61) 0400848970

Email: vickynicholson@me.com

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.