

Grof Transpersonal Training

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Dear friends,

This retreat, **The Art and Practice of Integration**, offers a unique opportunity to explore the many layers of integration through the expressive arts, the creation of altars and sacred spaces, time for contemplation, time in nature.

As always, those new to Holotropic Breathwork or anyone who wishes to attend for their own self-discovery are welcome. And for those interested in becoming a certified Holotropic Breathwork facilitator, this retreat can be applied towards practitioner certification as an elective module.

WHAT AND WHEN

The Art and Practice of Integration

Tuesday, October 23, to Sunday, October 28, 2018, with **Mireya Alejo Marcet** and GTT staff.

In this retreat, we will experientially inhabit and exemplify the theme of *integration* through the vehicles of expressive arts, altar and sacred space creation, time in nature, context setting through Holotropic theory, slowing down and contemplation. We will also have time in community and for discussion.

Integration is a vital component of Holotropic Breathwork practice, as well as any other work in expanded states of consciousness. We are often reminded that *preparation, session & integration* are all necessary components of any complete transformational experience. Exploration with Holotropic states has impact on the totality of our being and our lives on *physical, mental, emotional, environmental and spiritual* levels. Giving attention to *INTEGRATION offers the potential to enrich our life experience* by allowing us to digest, embody and apply to our daily lives the insights and lessons learned while doing in-depth exploratory work. We will create a safe, supportive, sacred, contemplative, and playful container, that will invite spaciousness for absorbing, being with, and processing what occurs before, during and after Holotropic sessions. The week will be highly experiential and offers valuable tools to support the integration of your personal Holotropic practice. This is a not-to-be-missed opportunity for facilitators and any seekers, and offers exciting, creative ways to support groups and individuals through the integration process. In addition, there will be four Holotropic Breathwork sessions, two as a 'breather' and two as a 'sitter', along with valuable time for group sharing.

No previous artistic or creative experience for this module, all are welcome!

See bio for Mireya Alejo Marcet here: <http://www.holotropic.com/grof-transpersonal-training/staff/teachers-and-staff/mireya-alejo/>

Registration: Tuesday, October 23, 9:30 am. The module will start after registration, approximately 10:30 am

Departure: Sunday, October 28, approximately 1:30 pm

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

Breakfast:	8:00 - 9:00 am	Afternoon session:	2:30 p.m.
Begin:	9:00 am	Dinner:	6:00 p.m.
Lunch:	12:30 - 2:00 p.m.	Evening Session	7-10:00 p.m.

WHERE:

Joshua Tree Retreat Center
59700 29 Palms Highway
Joshua Tree, California 92252

phone: 760-365-8371
fax: 760-228-0626
e-mail: retreats@jtrcc.org

Joshua Tree Retreat Center is a secluded, peaceful meditation center located on 420 acres of pristine desert land just 90 minutes from Orange County Airport, 50 minute from Palm Springs Int'l Airport and only 5 miles away from Joshua Tree National Park. The architecture is a collaboration between Frank Lloyd Wright and his son, Lloyd Wright. Each room is furnished with two twin beds and a private bathroom. Wireless Internet is available for additional fee. **Please have people contact you at Joshua Tree Retreat Center, not through the GTT office.**

If you are already a certified HB practitioner, your fee is reduced by \$150.

ACCOMMODATIONS: There are two rooming options: single and double. If you register for a double and have a roommate in mind, please let us know on the registration form. If there are more singles requested than available, we will let you know that you will be in a double. Similarly, if an odd number of persons request doubles, the last person to register will be notified and he or she will be asked to pay the difference.

Please read the following concerning rooming and retreat center for this module:

COST: *Including training, room and meals* - early registration through **September 8**: double \$1595, single \$1835. Registration after September 8: double \$1695, single \$1935.

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

ADDITIONAL ACCOMMODATIONS FOR EXTRA NIGHTS: Arrangements for one additional night's lodging before the module that is not included in your training fees must be made through GTT on the registration form. **Because we will be charged for it, if you have a cancellation or no-show for the extra night after the cancellation cut-off date for the module, we will not be able to give refunds or credit.** Rates for extra night is as follows: *Extra night before, including dinner and breakfast:* double \$110, single \$130.

MEALS. Meals will begin on Tuesday at lunch and go through Sunday at lunch. All meals in between are included. Tuesday morning breakfast will be on your own unless you have a room for the previous night.

SPECIAL REQUESTS: Beyond asking if you are a vegetarian, we cannot guarantee special dietary requests, but some may be possible if you give enough notice for us to check with the caterers. Each meal will offer choices, however, if having special food is important to you, please plan to bring what you need.

TRANSPORTATION: Travel info for airport, shuttle, and driving is on a separate page. Let us know if you need one.

WHAT TO BRING: Comfortable clothes, walking shoes or hiking boots, warm jacket, hat, rain gear, personal journal, sunscreen, water bottle, swimsuit, lip balm, flashlight (it is very dark in the desert). Keep in mind the desert climate – it is very dry so please bring sunscreen, a water bottle and layered clothing for cool mornings and evenings. Sorry, no pets.

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

REGISTRATION FEES: Your fees will include tuition, meals and lodging as indicated above. Payment should be made with your registration. Please make checks payable to: GROF TRANSPERSONAL TRAINING.

CANCELLATION POLICY: \$100 of your payment per each module is a non-refundable processing fee. The balance is refundable upon cancellation until October 6. There can be no refunds for any reason after that date. If you send a registration form without sending a payment, the cancellation policy still applies and you will be expected to pay any amounts due.

SUBSTANCE USE POLICY: Use of any alcohol, non-prescription drugs or other illegal substances is not permitted during the training, including time off between modules, or at the training site. Anyone using such substances during the training or between modules or at the training site will not be allowed to continue in the training program or to become certified in Holotropic Breathwork.

Please return both registration and medical forms with payment by as early as possible. See cut off date for early bird price below.

NAME _____
ADDRESS _____
CITY _____ STATE/COUNTRY _____ ZIP _____
TELEPHONE (DAY) _____ (EVE) _____
FAX _____ e-mail _____

<i>ROOM PREFERENCE: (SINGLE ROOMS WILL BE OFFERED AS LONG AS AVAILABLE)</i>	<i>DOUBLE OR</i>	<i>SINGLE</i>
<i>Early bird registration, registration and payment by Sept 8, cost per module:</i>	<i>\$ 1595</i>	<i>\$ 1835</i>
<i>Registrations received after September 8, 2018, cost per module:</i>	<i>\$ 1695</i>	<i>\$ 1935</i>

I AM REGISTERING FOR THE TRAINING MODULE/S: FILL IN AMOUNT BELOW
_____ **The Art and Practice of Integration** October 23-28 _____

I AM ALSO REGISTERING FOR THE EXTRA NIGHT BEFORE AND DURING THE MODULES AS FOLLOWS
Price includes dinner and breakfast: Cost per night: \$ 110 \$ 130
_____ Night of Monday, October 22 _____

Wire (\$15) or credit card (\$25 per module) fee _____
Total amount due _____

PAYMENT

Full payment should accompany this registration, unless you have contacted us to make other arrangements. Checks are preferred. We also accept all major credit cards, see below). Those registering from outside the U.S. have several options. You may pay by PayPal (please make sure that as payee you pay the PayPal fees and reference your name with your payment) – to PayPal account: workshop@holotropic.com . You may also pay by funds transfer (contact us for details) or send a check or draft made out in U.S. dollars drawn from a U.S. bank.

I am enclosing payment of \$ _____ OR charge my Visa or MasterCard \$ _____ (Add \$25 PER MODULE for payments made by credit card.). **Contact us for information about work/study or payment plans.**

If paying by credit card, please print the card number, expiration date, and (if US) zip code for the address on your credit card bill.

Card #: _____ - _____ - _____ - _____ Exp.date: ____/____/____

3-digit code from back of card (four digits from front for AMEX): _____ (____)

Street address and zip of card billing, if different from above: street address _____ ZIP _____

OTHER

I will be driving from _____ flying into Ontario _____ flying into Palm Springs _____ other (specify) _____

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

I am vegetarian ___ non-vegetarian _____

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

CANCELLATION POLICY

\$100 of your payment per module is a non-refundable processing fee. The balance is refundable upon cancellation until October 6, 2018. 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 any alcohol, 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, non-prescription drugs or substances during the training module or at the training site will not be allowed to attend the training. I have read and understand the above cancellation policy and substance use policy.

Signature _____ Date _____

For office use:
Date rec'd _____ Confo sent _____
Check # _____ Amount _____
Notes _____

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 and 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