



Holotropic Breathwork Workshop

3rd - 6th February 2012, Springbrook QLD

Well Christmas is nearly here and 2012 is just around the corner.

We have some new workshops and training opportunities planned for next year and we'll let you know about these soon. Heading up our calendar of events for 2012 is the Holotropic Breathwork workshop from the 3rd to the 6th of February at beautiful Springbrook Queensland.

Holotropic Breathwork offers both a safe, simple and yet powerful method for self-exploration. It offers each person an opportunity to explore his or her inner world in a supportive and encouraging environment. When combined with traditional verbally oriented therapy, Holotropic Breathwork can lead to significant improvements relative to just traditional 'talking' therapy.¹

The technique used in Holotropic Breathwork can help a person access deeper levels of processing by enhancing their state of awareness. Through these states people have the opportunity for greater insight and understanding that can assist in dealing with unresolved issues, both past and present, and concerns about the future. Many people report experiencing deep states of relaxation and bliss, effective dealing with past trauma, increases in self-confidence and clearing blocks to creativity. While these are just some of the experiences possible, everyone's is unique and no two breathwork sessions are exactly the same.

Research into the benefits of Holotropic Breathwork have indicated that it is an effective therapeutic tool for treating alcoholism and drug addiction and substantial improvements have been noted in the areas of depression and anxiety, feelings and emotions; family, relationships and intimacy; stress management; self-esteem and spirituality.

We hope to see you on the 3rd of February and if you have any other questions about the weekend, or Holotropic Breathwork in general, please don't hesitate to contact us. Also, please feel free to forward this email on to anyone who you think may benefit from this workshop.

¹ Holmes, S. W., Morris, R, Clance, P. R, Putney, R. T., "Holotropic Breathwork: An Experiential Approach To Psychotherapy", *Psychotherapy: Theory, Research, Practice, Training*, Vol. 33(1), Spring 1996. pp. 114-120.

Warm Regards

Dave, Donna, Nigel & Wendy

[Please click here for the flyer](#)

[Please click here for the registration form](#)

Please contact our office for medical and release form prior to registration.

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