

Holotropic Breathwork/Grof Legacy Breathwork

Holotropic Breathwork or nowadays also Grof Legacy Breathwork is a breathwork technique that uses breath to access a healing altered state of consciousness, activate self-healing instances in us and give us unique transforming inner experiences. It uses “Circular Breathwork” an active way of breathing similar to hyperventilation to access the state and has a unique set and setting in order to utilize this state of consciousness for deep psychotherapy, personal transformation and spiritual development. The setting guarantees a sustainable integration of the experiences. Sessions are supported by music, body interventions and painting for integration. Also the group setting is unique: it creates an anti-traumatic milieu.



About me:

Christoph has studied Philosophy and Literature and is working in the field of Personality Development, Psychotherapy and Spiritual Growth for over 15 years now. He has learned Holotropic Breathwork from Dr. Sylvester Walch, an early student of Stanislav Grof and one of the most famous and professional facilitators of Holotropic Breathwork in the German language area. Christoph is also assisting Sylvester Walch in his Facilitators Trainings.

Besides Holotropic Breathwork Christoph also offers a number of other methods for personal growth and healing such as The Hero's Journey (which includes a holotropic breathwork session), Systemic Constellations, Circling, Shamanic Journeys, Coaching and others.

About the Event:

I will give a general introduction into Holotropic Breathwork touching its history, its routes in LSD therapy, its relation to Transpersonal Psychology and the Philosophy behind. I will also give some insights into the principals of healing with altered states of consciousness.

Further I will describe the typical setting of a Holotropic Breathwork session and its elements such as bodywork, music and integration work and will talk about the scope of experiences we can discover during a breathwork session. After the introduction we will have a Circular Breathwork session and explore the altered state of consciousness that it

creates for around 1.5 hours. Circular Breathwork is the basic technic of breathing we use in Holotropic Breathwork. It takes us into an altered state of consciousness where we experience core states like love, inner freedom, unity, etc.

Note: we will not be able to do a Holotropic Breathwork Session as it wouldn't be possible due to time and intimacy reasons. Also the amount of people breathing at the same time is very limited due to intensive attention and the bodywork/interventions that accompany the session. It can also open access to past traumatic experiences and serious suppressed material and it requires a very sensitive environment which we won't be able to provide on the event. Therefore we will have a slightly different setting – we won't use sitters and, body interventions and have a different music flow that doesn't trigger the traumatic material but rather helps us to experience core states of healing.

Schedule:

Introduction: 15 Minutes

Preparation: 10 Minutes guided relaxation to prepare for the breathwork session

Breathwork: appx. 1 hours Session with Music

Integration: Group Sharing

What you need:

- Yoga mat
- Sheet or pillow
- Water
- Eventually material to paint or write down your experience.

Disqualification from participation:

If one of the following points applies to you, you cannot participate in Holotropic or Circular Breathwork sessions:

- *Pregnancy*
- *People with fresh injuries or wounds that have not healed or have only partially healed*
- *Acute asthma (bring an asthma spray with you if you have non-acute asthma)*
- *People with acute severe mental disorders (psychosis, addictions, severe depression)*
- *People with heart problems (heart dysfunction)*
- *Epilepsy*
- *Infectious diseases*
- *Severe joint and bone problems*
- *Glaucoma*