

Holotropic Breathwork April 2nd & May 14th, 2022

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Moving Toward Wholeness & The Potential for Healing



HOLOTROPIC BREATHWORK™

ONE DAY ONLY with Bob Brame

Saturdays, April 2nd & May 14th, 2022

(8:30AM - 8:30 PM)

Limited space small group

**COVID concerns, "to let go and be more free" means
to release fears as well. Bob has been vaccinated
to make others more comfortable here.**

**Please share your interest and concerns in your response
by email or phone.**

Holoquest, Inc., 2863 S. Jim Minor Road, Mebane, NC 27302

Registration \$ 185.00 Students \$ 45.00

A natural, safe technique to expand awareness and access extraordinary states of consciousness. The psyche seems to "select" the experience that opens us to discovering what is really going on at the deepest levels of our being, allowing that experience to evolve and teach us.

By activating the unconscious and mobilizing blocked energies, the Holotropic Breathwork Process accesses unfinished issues from our postnatal biography, traumatic physical or emotional events, perinatal memories, death and rebirth sequences, and a variety of transpersonal experiences that can reach mythological, archetypal, and universal realms.

Indigenous cultures have used extraordinary states for healing throughout the

ages. Reports of healing, self-discovery, and transformation often occur with this process. Participants leave the seminar generally with a renewed sense of well-being, a deeper spiritual connection, and inner peace.

Nestled on a mat with closed eyes in a safe setting, this unstructured and highly experiential process provides an opportunity to express whatever is needed. Each participant creates a “breathing space” that is safe and comfortable, using props such as bolsters, blankets, pillows and teddy bears. The process begins with eyes closed listening to transportive world music. Facilitated by the breath – breathing deeper and faster – the participant surrenders in trust to the intrinsic wisdom of the body, psyche, and spirit.

Holotropic Breathwork offers powerful healing potential. It remains a highly experiential method that combines deep relaxation, enhanced breathing, evocative music, expressive/integrative bodywork, art, and group process that integrates insights from modern consciousness studies, depth psychology, and powerful spiritual practices.

Dr. Stanislav Grof and his wife Christina, pioneers in the field of clinical consciousness, developed this technique after many years of research and practice.

Bob Brame is a certified facilitator of Grof’s Holotropic Breathwork TM. He is a certified massage therapist, a teacher, and listener. Please contact Bob at (336) 578-4777, or email: bob@holoquest.org, or visit website www.holoquest.org for more information.

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