

HOLOTROPIC BREATHWORK WORKSHOP

MARCH 20-22, 2015

at Kirkridge Retreat Center, Bangor, PA

Nestled in the beautiful Pocono mountains, Kirkridge Retreat Center offers a peaceful setting for deep transformation and healing.

Holotropic Breathwork™ is a powerful experiential process that allows deep self-exploration and healing. With the eyes closed and lying on a mat, each person uses their own breath and the music in the room to enter an expanded state of consciousness. This state activates the natural inner healing process of the breather's psyche which guides the experience. The breathwork practice combines accelerated breathing with evocative music in a supported group setting. Within the group, participants work in pairs and alternate in the roles of breather and sitter. The facilitators hold space, offer bodywork and allow the breathers' inner healing intelligence to guide the process. Mandala drawing and group sharing are also part of the breathwork experience to help integrate the process. The word "Holotropic" means moving toward wholeness.

Cost: **\$415 – Shared room, double occupancy**
 \$460 – Private room (very limited availability)

Price includes weekend workshop, two nights of housing and 5 meals and snacks.

About the team:

Tom Francescott, ND is a naturopathic doctor and visionary teacher who blends natural healing wisdom, modern science, mindfulness, and modern consciousness studies to help people transform their lives. He completed his Grof Transpersonal Training in 2007 and currently is a staff facilitator with Grof Transpersonal Training. doctortomstonics.com

Laurane McGlynn, Psy.D. is a clinical psychologist who integrates mind/body medicine with holistic approaches to healing and transformation. Laurane has advanced training in mindfulness-based therapies, meditation and integrative medicine. She has been involved in the Grof Transpersonal Training program since 2009 and will certify in 2015.

Holotropic Breathwork can be an intense and powerful practice. If you are new to Holotropic Breathwork please contact Dr. Tom Dr. Tom at info@doctortomstonics.com prior to registering to discuss potential contraindications or questions.

To register: Contact Laurane McGlynn at 610-248-6907 or email llaurane@aol.com. Space is limited so early registration is encouraged. Advance registration is required. A medical form needs to be completed and reviewed by Dr. Tom prior to attending the workshop.

Cancellation Policy: \$75 of cost is non-refundable; remaining cost refunded if cancelled within 3 weeks of workshop. Cancellation later than three weeks prior to event will not be refundable.

Contraindications: heart problems, high blood pressure, severe mental illness, recent surgery or fractures, acute infectious illness, epilepsy, glaucoma, pregnancy.