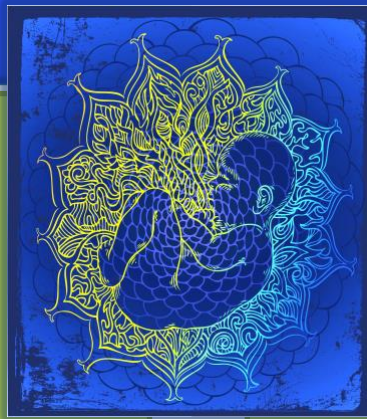


# *Holotropic Breathwork*

## *Dubai, UAE*

### *Saturday, February 18, 2023*



#### *What is Holotropic Breathwork?*

Holotropic Breathwork is a powerful means of inner exploration using non-ordinary states of consciousness for deep healing and transformation.

By entering a non-ordinary state of consciousness, one accesses the inner healer and its wisdom more easily.

'Holotropic', a term coined by the founders, **Stanislav Grof** and **Christina Grof**, means moving towards wholeness. Inner growth and healing take us back to a greater wholeness in both our inner and outer lives. A powerful combination of breathwork and music is employed, specifically designed to access deeper realms of consciousness, and to accompany the participant to their next level of growth and healing.

#### *Description of a Holotropic Breathwork workshop*

HB is usually done in a group setting with the following format: **An intro talk, two breathing sessions, expressive artwork and integrative sharing.** In the Breathwork sessions, which include evocative music, each participant experiences one session as the breather and one as the sitter.

The sitter provides one-on-one attention and assistance for the breather. Facilitators hold the greater space and assist as needed, so to provide a safe, reassuring setting. Participants are encouraged to express their inner experiences through a mandala drawing, and in a group sharing after the Breathwork session.

#### *Facilitators:*



**Polly Archer** is a Dubai-based executive and leadership MCC coach who also works with private clients who are ready to undertake a deeper journey of self-discovery and personal growth. She has participated in the Grof Transpersonal Training and regularly co-facilitates Holotropic Breathwork workshops with Cyntha.



**Cyntha Gonzalez** is a transpersonal coach and a certified Holotropic Breathwork facilitator with a long experience in the somatic, creative and psycho-spiritual healing fields. She has led workshops and courses internationally, in Holotropic Breathwork, and other related psycho-spiritual modalities for the last 35 years. [www.cynthagonzalez.com](http://www.cynthagonzalez.com)

**When:** Saturday, Feb 18, 2023, 8:30am-7pm.

**Where:** Umm Suqeim 1, Dubai, UAE. More details upon enrollment.

**Fee:** Early bird: 1260 AED if paid by Feb 7. 1575 AED after Feb 7. (Includes lunch & snacks)

**To Register:** [cyntha@cynthagonzlez.com](mailto:cyntha@cynthagonzlez.com)

**Cancellation Policy:** Any cancellation by Feb 10, 2023 will be 50% refundable. After Feb 10, 2023 there will be no refund.