



Holotropic Breathwork Day

**Saturday 30th November.
9.00 AM – 8.00 PM**

Gondwana Sanctuary Hall Tyagarah

You are invited to join us for a day of **Holotropic Breathwork™**

A day of self-exploration in a safe and nurturing space with Holotropic Breathwork facilitators

Martha Calhoun and Janine Taranto

Holotropic Breathwork™ is a powerful approach to self-exploration and personal empowerment that relies on our innate inner wisdom and its capacity to move us toward positive transformation and wholeness.

Breathwork can play an important role in personal and collective transformation. This method is a powerful approach that combines breathing, evocative music, and release work to access non-ordinary states of consciousness and to explore the deeper dimensions of the psyche.

Breathwork can lead to the healing of previous emotional or physical trauma, reduction in anxiety and stress, amelioration of symptoms of depression, emotional expression & release and creative inspiration. Many people also report that it helps them connect to a deeper feeling of meaning and purpose in their lives, as well as a greater feeling of authenticity in their daily life.

Early Bird till 8/11/19 \$180. Full \$200. Bookings Essential. Conditions apply.

The workshop is open to anyone interested in this practice to do his or her own deep inner work. Subject to assessment re contraindications.

For More Information Please Ph Janine on 0431898292. Email bunnooriver@hotmail.com or

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