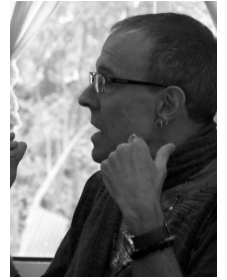


# THE ADVENTURE OF SELF-DISCOVERY

*A Holotropic Breathwork™ Experience*



with

**STANISLAV GROF, M.D.**  
and **TAV SPARKS**

*Friday, February 10, 6:30 p.m., through Sunday, February 12, 12:30 p.m.  
Los Angeles Airport Marriott Hotel, Los Angeles, California.  
Register before January 2 to save \$50.*

With **Holotropic Breathwork** each participant gains direct access to his or her own inner healing wisdom. In the HB session, this wisdom brings you a unique and ideal combination of experiences that can include aspects of your personal history, psychological death and rebirth, transpersonal interconnections, and the greater spiritual reality to which we all belong. Through simple breathing, along with a specially designed musical journey, and a safe and supportive setting with a trained staff of facilitators, you experience a true non-ordinary state of consciousness, allowing deep self-exploration, personal transformation, and healing. Mandala drawing and group processing of the experiences are additional important elements of the Holotropic process.

**The weekend counts as one workshop toward Grof Transpersonal Training's ongoing facilitator training.  
CE hours are available for MFT and Social Work.**

**Workshop cost: \$295 until January 2, \$345 after January 2**

Limited number of rooms available \$99/night (single or double occupancy): Marriott reservations at 800. 228.9290 or [Marriott.com](http://Marriott.com). Refer to "Adventure of Self Discovery".

This workshop begins Friday evening with a talk by Stan, "The Healing Potential of Non-Ordinary States of Consciousness." Those not in the workshop may attend this 1 1/2 hour talk for \$15. Following the talk, those taking the full workshop will stay to begin preparation for the breathwork.

**PARTICIPANTS attending MOVIE YOGA WORKSHOP, with TAV SPARKS, Friday Feb. 10, 9 to 4, may do so at a REDUCED RATE for the combined events. See registration form below for details. \*There is also a discount for those attending either or both of the two February 2012 modules in Joshua Tree; contact us for details.**

**Stanislav Grof, M.D.**, is a psychiatrist with over 50 years of experience researching non-ordinary states of consciousness. He is one of the founders and chief theoreticians of transpersonal psychology and founder of the International Transpersonal Association. His many books include *Holotropic Breathwork: A New Approach to Self-Exploration* (with Christina Grof), as well as *When the Impossible Happens* and *Psychology of the Future*.

*Tav Sparks bio can be found on page 2.*

**For information or to register, call or email 415 383-8779 / [workshop@holotropic.com](mailto:workshop@holotropic.com), or fax to 415 383-0965.**

*Please note: relative contraindications for Holotropic Breathwork are pregnancy, heart disease, or history of severe emotional disorder. Please contact us in advance if you think any of these apply to you.*

*A one-day workshop full of extraordinary possibilities*

# MOVIE YOGA

**TURNING YOUR LIFE INTO AN EPIC ADVENTURE**

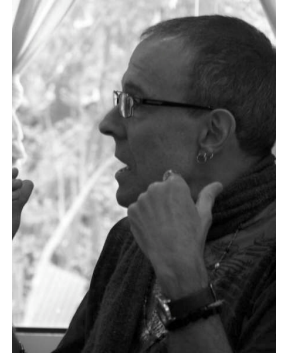
*"I really resonate with the power of Tav Sparks' passion for film. Beyond just watching movies for entertainment, Movie Yoga parts a curtain on the deeper mysteries that films reveal."*

**-- H.R. Giger**, Oscar winning Swiss artist for *Alien*.

with educator and author

## Tav Sparks

Friday, February 10, 9:00 am to 4:00 p.m.  
**Los Angeles Airport Marriott Hotel, California**  
 Cost \$75 until January 2; \$100 after.



Experience and learn to use *Movie Yoga*, the revolutionary new practice that transforms how we experience movies and gives us a new, easy life-strategy for on-going change, inner exploration, and fulfillment.

**Movies are a spiritual technology. Their real power lies in our ability to identify with every human passion, longing, defeat and triumph that we see enacted on the screen.**

Join us for an exciting journey into the world of movies where we can see, hear, and feel with new senses how this hidden power in film can be a life-changing experience.

**★★ We can be more than entertained. We can be transformed. ★★**

Film, dance, art, and meditation will show how this practice can become an effective day-to-day strategy that helps us become more whole in every aspect of our lives.

This workshop is for everyone. Those in the helping professions may particularly benefit from having a unique, fun, easy-to-use technique to add to their tool kit. CEUs available.

**TAV SPARKS**, the author of *Movie Yoga: How Every Film Can Change Your Life*, is a teacher, consultant, and writer with over 25 years of experience working therapeutically with people in non-ordinary states of consciousness. He directs *Grof Transpersonal Training*, offering certification in Holotropic Breathwork, and *Fires Creek Center*, a wellness and spiritual emergency retreat.

Tav has authored seven screenplays and recorded a four-CD series on Holotropic Breathwork. Also a pioneer in the field of the wellness perspective in addiction, Tav is the author of the groundbreaking book, *The Wide Open Door: The Twelve Steps, Spiritual Tradition, and the New Psychology*.

**PARTICIPANTS who wish to also attend THE ADVENTURE OF SELF-DISCOVERY workshop with STAN GROF and TAV SPARKS, Friday, Feb. 10, 6:30 pm to Sunday, Feb. 12, noon, may do so at a REDUCED RATE for the combined events. See registration form below for details.**

**For information or to register, call or email 415 383-8779 / workshop@holotropic.com, or fax to 415 383-0965.**

LA 2012  
**Grof Transpersonal Training**  
**38 Miller Avenue, PMB 516**  
**Mill Valley, CA 94941**

**REGISTRATION FORM FOR**

**- THE ADVENTURE OF SELF DISCOVERY -**

**- MOVIE YOGA -**

**Los Angeles, February 10-12, 2012**

Name \_\_\_\_\_

Preferred first name for name badge, if different from above \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State or Country \_\_\_\_\_

Zip or Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

**HOW I FIRST HEARD ABOUT THESE WORKSHOPS:**

- |   |  |
|---|--|
| <input type="checkbox"/> I'm on your email list and received a notice | <input type="checkbox"/> I saw an ad in _____ (print or online)          |
| <input type="checkbox"/> I received an email from _____               | <input type="checkbox"/> I picked up a flyer at _____                    |
| <input type="checkbox"/> I saw it on your website                     | <input type="checkbox"/> I heard about it at another Holotropic workshop |
| <input type="checkbox"/> I heard about it from a friend               | <input type="checkbox"/> other _____                                     |

For those attending The Adventure of Self Discovery, please also complete the Medical Form on page 4.

I am registering for:

**THE ADVENTURE OF SELF-DISCOVERY** \$295 if full payment made before January 2 (includes Sat lunch)  
 \$345 after January 2 (includes Sat lunch)

**MOVIE YOGA** \$75 if full payment made before January 2 (lunch not included)  
 \$100 after January 2 (lunch not included)

**THOSE REGISTERING FOR BOTH WORKSHOPS SAVE AN ADDITIONAL \$25 OFF OF THE COMBINED COST.**

I am paying the full workshop fee(s) now OR  I am paying a \$100 deposit with balance due Feb 10

I am sending a check (made out to "Holotropics") OR  Please charge my Visa, Mastercard, or Discover

Card # \_\_\_\_\_

For security, PLEASE DO NOT EMAIL CREDIT CARD INFO (use mail, phone or fax).

**GTT Holotropics; 38 Miller Ave PMB 516; Mill Valley CA 94941. Ph: 415 383-8779. FAX: 415 383-0965**

Expiration \_\_\_\_\_ Signature \_\_\_\_\_ 3 digit # on back \_\_\_\_\_

**CANCELLATION POLICY:** Your \$100 deposit is non-refundable.

Unless you request otherwise, you will be added to our list to be notified of future events. If you DO NOT want to be on the list, please check here: \_\_\_\_\_

Unless you request otherwise, you will receive information from certified Holotropic Breathwork facilitators from the workshop who give workshops in your area regarding future events. If you DO NOT want to be on the list, please check here: \_\_\_\_\_ .

**Medical Form for Holotropic Breathwork**

**(Complete only if you are attending *The Adventure of Self-Discovery*. Form is not required for *Movie Yoga*.)**

Breathwork is intended as a personal growth experience and should not be looked upon as a substitute for psychotherapy. Holotropic Breathwork can involve dramatic experiences accompanied by strong emotional and physical release. This workshop is not appropriate for pregnant women, or for persons with cardiovascular problems, severe hypertension, some diagnosed psychiatric conditions, recent surgery or fractures, acute infectious illness or epilepsy, or active spiritual emergency.

If you have any doubt about whether you should participate, it is essential that you consult your physician or therapist as well as the workshop organizers before attending.

The answers to the following questions are to assist your facilitators and will be kept strictly confidential. Please answer all questions as completely as possible.

1. Do you have a past history of, have been diagnosed with, or are currently experiencing, any of the following:

- |   | YES   | NO    |
|---|-------|-------|
| A) Cardiovascular disease, including heart attacks and any cardiovascular surgery | _____ | _____ |
| B) High blood pressure  | _____ | _____ |
| C) Diagnosed psychiatric condition  | _____ | _____ |
| D) Recent surgery   | _____ | _____ |
| E) Past or recent physical injuries, including fractures or dislocations          | _____ | _____ |
| F) Present or current infectious or communicable diseases                         | _____ | _____ |
| G) Glaucoma   | _____ | _____ |
| H) Retinal detachment   | _____ | _____ |
| I) Epilepsy   | _____ | _____ |
| J) Osteoporosis   | _____ | _____ |
| K) Asthma (If yes, please bring your inhaler to the workshop)                     | _____ | _____ |

2. Are you currently pregnant? \_\_\_\_\_
3. Have you been hospitalized in the past 20 years for significant medical issues? \_\_\_\_\_
4. Have you ever been psychiatrically hospitalized? \_\_\_\_\_
5. Are you currently in therapy or involved in any type of support group? \_\_\_\_\_
6. Are you currently taking any type of medication? Describe on back. \_\_\_\_\_
7. Is there anything else about your physical or emotional status we should be aware of? \_\_\_\_\_

8. Emergency contact information: name \_\_\_\_\_ phone \_\_\_\_\_

**If you answer "yes" to any of these questions, it is essential that you explain your answer on the back or on an attached page.**

This medical form must be received by your workshop organizer as part of your registration. We cannot send your confirmation letter until we've received your medical form

PLEASE READ AND SIGN THE FOLLOWING STATEMENT:

I hereby confirm that I have read and understood the above information, and have answered all questions completely and honestly, and have not withheld any information. My general health, as far as I am aware, is good.

\_\_\_\_\_  
Signature & please also print your name                      Age                      Gender                      Date

I have experienced Holotropic Breathwork before: Y or N \_\_\_\_