



# Holotropic Breathwork

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*“To breathe is to live and without breath there is no life. Breathing may be considered the most important of all of the functions of the body, for indeed, all the other functions depend upon it. Man may exist some time without eating; a shorter time without drinking; but without breathing his existence may be measured by a few minutes.”*  
(Ramacharaka, 1905)

Breathwork is a powerful therapeutic modality. During a breathwork session, you use your own breath to heal the physical, emotional, psychological and spiritual levels of your being. The circular breathing pattern allows circuits of energy in the body to complete, which activates access to deeply unconscious and transpersonal material (Leonard, 1983). The direct access to the unconscious mind makes it possible to release shadow aspects of the self. On an emotional and psychological level it helps to heal the wounds of unresolved trauma. On a spiritual level, it helps with the connection to spirit and to all that is. It provides an excellent means to release resistance. The purpose of breathwork is to reach a level of consciousness that contains no illusions (duality), with pure clarity and awareness in your inner worlds (Christman).

Some other benefits of breathwork include: managing pain and physical healing; balancing the left and right hemispheres of the brain; retraining your nervous system to tolerate higher charges of energy; balancing the sympathetic and parasympathetic nervous system of the body; accessing and releasing of body memories; getting past resistance; accessing deeply unconscious psychical material, including prenatal, birth, and death; resolving early trauma; and enhancing the experience of deep spiritual connection (Zimberoff & Hartman, 1999).

This workshop will be presented in a “heart-centered” atmosphere with the following goals in mind: Wholeness and Oneness, Peace and Power, Freedom and Safety, Energy and Aliveness, Health and Happiness, and Love and Light.