

**TIME:** *Introduction Required:* Friday, June 10, 2011 7-9 pm.

*Breathwork Session:* Saturday, June 11, 2011, 9:00 a.m. to 8:00 p.m.

**COST:** \$150 - (\$135 if post marked 2 weeks in advance). To register, please send your name, address & phone number, along with your check, payable to: Sally Palaian at 30400 Telegraph #331, Bingham Farms, MI 48025. Cancellation Policy: No refunds will be made. Registration may be applied to a future workshop if 10 days written notice is provided.

**LOCATION:** Fairfield Marriott Hotel, 17350 Fox Dr., Livonia, MI 48152 - I-275 & 6 Mile area. Map will be sent upon receipt of deposit.

**PLEASE BRING:** A mat or sleeping bag, pillows, a bed sheet or two, blankets, writing journal. Also include a bag lunch. Hot tea, water, juice, fruit and other snacks will be provided. Wear soft, comfortable clothing in layers. Avoid scents, jewelry, belts and watches.

**FACILITATED BY:** Sally Palaian, Ph.D., Licensed Psychologist, certified Holotropic Breathwork Practitioner. Sally has been involved with Holotropic Breathwork since 1988.

For further information please call:  
Sally (248) 645-5960  
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# Breathing as One



## Global HOLOTROPIC BREATHWORK Day

Friday & Saturday  
June 10-11, 2011

with

*Sally Palaian, Ph.D.  
Cathie McBride &  
Javier Bara*

## About Global Breathwork Day

This very special event is part of the first Global Breathwork Day. Workshops are planned all over the world on June 11 and we are encouraging people in other journeying and healing modalities to participate with their own workshops as well. A planetary healing ritual will be part of the event and we are very interested to observe any synchronicities that occur in the world situation or in the workshops. Participants mandalas will also be downloaded to a central website which may be an additional source of interesting parallels. Imagine what might occur when thousands or even more of us join together to Breathe as One. Imagine how it might transform your life. Imagine how it might bring healing to our world. Be part of this unique event and feel the healing synergy of the larger global community!

Check out the link:

<http://www.grof-holotropic-breathwork.net/events?page=4>

## Holotropic Breathwork

Holotropic Breathwork is a method of inner exploration developed by Stan Grof, MD. Holotropic means *moving toward wholeness*. It is an experiential approach, which is based on modern consciousness research, transpersonal psychology and ancient healing traditions. It is a powerful, yet gentle method of accessing non-ordinary states of consciousness necessary for healing and transformation. Each breathwork experience is unique, even after many sessions.

The program begins with in-depth theoretical preparation which includes technical instructions for both 'breathers' and 'sitters,' as well as descriptions of the major types of experiences which may arise during breathwork sessions. These include completion of emotionally important biographic issues, especially around birth and childhood; sequences of psychological death and rebirth; and a broad spectrum of transpersonal phenomena.

Within a safe, supportive environment, the experiences are evoked through diverse music, accelerated breathing, and energy release facilitated by body work when requested. The experiences are then grounded through mandala drawing, and by sharing in a small group.

Emotional or physical symptoms and unproductive behavior patterns may be rooted in long-forgotten past events that are often buried deep within our unconscious. Holotropic Breathwork allows us to access these unconscious energies directly, thereby expanding spiritual awareness and healing.



**Holotropic Breathwork** can invoke intense emotions and strenuous physical experiences. Therefore, it is not recommended for people with a history of cardiovascular problems, debilitating diseases, glaucoma, epilepsy, for those recovering from surgery, or for pregnant women. The format of this short seminar is intended for personal healing and spiritual opening. (It is not a substitute for psychotherapy and is not recommended for those with a history of severe mental illness, such as psychotic episodes or bipolar disorder.)