

Women in Recovery Workshop

Winter 2017-2018



Maine Holotropic is offering a new long-term/on-going Holotropic Breathwork group especially for **women in recovery**.

This group is started specifically for women and is run by women facilitators, offering a safe environment for exploring personal and transpersonal experiences that may arise. Participants need to have at least 90 days of solid sobriety before attending their first workshop.

Sessions will be held about every 6-8 weeks, and the group will “close” after the first few meetings. Once participants have attended two workshops, they will be asked to commit to several sessions if they wish to stay in the group. Scheduling details will be decided in consultation with the group.

To make workshop costs more affordable, the sessions will be held in a private home in Leeds, Maine, and food will be provided potluck style by the participants once the group is “closed”. Cost will be \$100 per workshop. One or two partial scholarships may be available.

The next session is January 12 (7-9 pm introduction) and all day Saturday, January 13.

If you are interested in learning more about this group workshop, or about Holotropic Breathwork in general, please contact:

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GTT Certified Facilitator of Holotropic Breathwork

Holotropic Breathwork is a simple and powerful experiential modality for healing and for personal and spiritual growth, and has proven enlightening and empowering for many, including those in recovery. Some websites with further information:

<https://www.maineholotropic.com/about-us-1/>
http://bostonholotropic.com/Holotropic_Breathwork.html
<http://www.dreamshadow.com/technique/>
<http://holotropic.com/about.shtml>

Also recommended is the book Holotropic Breathwork by Stanislav Grof, available at Amazon.com.