

# Holotropic Breathwork™

## Experiential Workshop

February 11, 2012 in Severna Park, MD

*~ an adventure for the mind, body, and spirit ~*



Holotropic Breathwork™ is a powerful process that allows deep self-exploration, transformation, and healing at all levels of self. Drawing on ancient healing and spiritual practices, Holotropic Breathwork uses the power of breath and evocative music to help you access a non-ordinary state of consciousness. That state opens one to the innate healing intelligence or wisdom that is deep within the universe and within each of us, bringing just what is needed at that time for growth, healing, and spiritual unfolding. Experiences are unique and varied and may include, for example:

- healing of emotional and/or physical trauma
- traveling into other realms of existence
- heart opening and transcendent experiences
- intense experiences of the energy body

*~~the word "Holotropic", coined by Dr. Stan Grof, means 'moving towards wholeness'~~*

**When:** February 11, 2012, 9 AM to ~8:30 PM in Severna Park, MD

**Cost:** \$135 if registered by January 27th; \$150 after  
*Limited need-based partial scholarships are available.*

*\* Advance registration is required. \**

**Contraindications:** heart problems, high blood pressure, severe mental illness, recent surgery or fractures, acute infectious illness, epilepsy, glaucoma, pregnancy

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### About the facilitators:

**Sandra Phocas**, a shamanic practitioner and former psychiatrist, has spent many years training and engaging in transformative healing and spiritual practices here and abroad. She has been involved with Holotropic Breathwork since 1997, certifying as a facilitator in 2003. She works privately in North Carolina as well as offering public workshops across the eastern US. Sandra will also be available for private healing sessions the day after the workshop.



**Sharanya Naik** has been a practitioner of Holotropic Breathwork since 1996. She certified as a facilitator in 2003 and has since facilitated the Holotropic process for groups and individuals in multiple states. Sharanya is a certified massage therapist; she practiced Yoga and Yoga-Nidra in her early years, and was an Indian Classical and American Modern Dancer for most of her life. She has been a school teacher for the last 20 years.

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**To register:** send payment to Sandra Phocas, 176 Ferris Drive, Lexington, NC 27295

**\*\*** If you are new to Holotropic Breathwork or these facilitators, please contact them prior to registering. Since Holotropic Breathwork can be an intense and powerful practice, it is helpful to discuss the process, any potential contra-indications, and questions in advance.

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For more information, email [ssatchi@earthlink.net](mailto:ssatchi@earthlink.net) or call 336-287-0061,  
or visit [www.Co-CreativeEvolution.com](http://www.Co-CreativeEvolution.com)