



11 - 15 MAY 2019

FIVE -DAY HOLOTROPIC BREATHWORK RETREAT

A WIDE MAP OF CONSCIOUSNESS:
THE HOLOTROPIC VISION

CENTRO D'OMPIO - PETTENASCO
ITALY

In this five-day workshop we will experiment four sessions of Holotropic Breathwork – two as breathers and two as sitters - and we will have the opportunity to deepen its theoretical paradigm.

We will devote space and time to integrate individual experiences with different expressive techniques in a shared context of trust and respect.

An opportunity to widely explore a simple yet complex technique, which trains us to open ourselves trustfully to what we happen to encounter and live, reconnecting with the wisdom of our inner healer and its transformative power. Beyond ourselves towards the great mysterious unknown.

Ólos Trépein, moving towards the whole. This is the main goal in the intention of Stan and Cristina Grof, creators of this technique, extraordinarily efficacious in those critical moments of life in which we have an urgent need to find and orient ourselves.

THE WORKSHOP IS OPEN
TO THOSE WHO ARE NEW
TO HOLOTROPIC BREATHWORK,
TO EXPERT BREATHERS
AND TO ANYONE SEEKING HIS WAY.



— LOCATION —

Centro d'Ompio is situated on a lovely and sunny terrace in northern Italy (70 km from the Swiss-Italian border), with a generous and spacious park, gardens and old chestnut trees, covering an area of 100'000 square meters, with a gorgeous view on Lake Orta with its little S. Giulio Island. The noticeable energy of nature and the mild climate provide an ideal environment for people, who want to open themselves to meditation, personal growth and spiritual experience.



— DATES —

We will begin at 9.30 am on Saturday 11 May with the participants' registration and we will end at 2pm on Wednesday 15th with Lunch.

— FACILITATORS —



Holly Harman

Associate Director for Grof Transpersonal Training (GTT). As well as working clinically and organisationally for GTT, she is part of the international facilitator training team.



Deb Dunning Harman

Certified Holotropic Breathwork practitioner, craniosacral therapist, she facilitates at Grof Transpersonal Training modules around the world.

— TEAM AND ORGANIZATION —

DANIELA BONELLI BASSANO

Jungian Psychoanalyst, Sandplay therapist, GTT facilitator, certification in progress.

LAURA GIRELLI

Jungian Psychoanalyst, therapist for individual and couples, trainer, in training as a GTT facilitator.

DARIO JUCKER

Lawyer, artist, in training as a GTT facilitator.

MICHELE METELLI

Clinical Psychologist, perfected in Medical Anthropology, in progress as Gestalt Psychoterapist, in training as a GTT facilitator.

ALESSANDRO PACCO

Bioenergetic and etno-clinical psychotherapist, GTT facilitator, certification in progress.

LILIANA TROVALUSCI

Neuropsychologist, Psychoanalyst, in training as a GTT facilitator.

HOW TO GET TO CENTRO OMPIO

You can easily download all detailed travelling information [here](#).

WHAT TO BRING

A journal or notebook for writing and drawing / Comfortable clothes (we will inform you in time about the temperature. It could be very warm in May!) / Shoes easy to put on and take off /
A scarf or an eye blinder / Swimsuit

COST

780 €
shared room (3/4 beds, shared bathroom)

840 €
double room (private bathroom)

860 €
single room (shared bathroom)

920 €
single room (private bathroom)

*Early reservations are recommended
to guarantee your preferred room type.*

Deposit fee: 250 €

The cost is all inclusive:

- workshop
- accomodation
- full board
- two coffee breaks each day

The kitchen offers italian-vegetarian food and tries to fullfill any special diet requests.

INFORMATION AND REGISTRATION:

varcodirespiro@gmail.com

DANIELA BONELLI BASSANO
ALESSANDRO PACCO
