

A day of Holotropic Breathwork

9th March



We are still trialling a new pricing policy at Journeylines. Essentially we have decided to offer it on a donation basis (previous fee was \$180). We are aware that at times people are unable to attend for financial reasons, and at other times they may have a surplus. Further, some people are in position to pay extra - and value the work for themselves and for others, and so their extra support can fund other people to attend.

We want the breathwork to be accessible, and we want to support a flow and flexible process of energy exchange. We know that partly the value a person receives is related to the value they put in, and so this is not intended to circumvent that process. It is important to honour your work and our support with energy exchange, however the timing and flow of that is what we are opening up.

Holotropic Breathwork is a powerful technique for accessing the vast territory of our inner landscape. The process seems to activate our healing potential bringing into awareness experiences that shift our patterns, perspectives, and provide a far more expanded view of who we are and what our potential is.

The day offers to two breathing sessions, where participants partner each other and swap the roles of 'breather' and 'sitter'. The day commences with a brief check-in and then straight into the breathwork. For those new to breathwork you are required to attend the evening before for an introductory talk. If you are unable to attend the talk then you will need to arrange a phone conversation with us prior to the day. After the breathing sessions you are encourage to complete with a mandala and journaling, and the day concludes with a sharing circle.

For those new to Breathwork you are required to attend an information session which we usually do online during the week before the breathwork. For those travelling longer distances you have the option of staying at our centre at Journeylines for a small additional cost. Please bring your own dinner. If you stay over Saturday night we ask for departures by 9am thank you.

Program	
Introduction to Holotropic Breathwork	
Online	Intro to Holotropic breathwork – required for those new to Holotropic Breathwork –
Date to be advised	
Saturday – at Journeylines Centre in Jiggi	
7:00	Arrivals
8:00	Brief Check-in
8:15	Breathwork 1
11:45	Lunch and relaxation time
1:30pm	Breathwork 2
5:00	Sharing Group
7:00	Conclusion.

Provided: Teas, Coffees, snacks and fruit.

Friday night accommodation available for an additional charge, this includes a simple breakfast.

Bring: your lunch for Saturday, single bed sheets and a towel for breathwork, , an art pad and pastels, pen and journal, wear loose comfortable clothing.

Contact us to indicate your interest and discuss the workshop and receive a medical form to complete. If there is anything on the medical form that arises, please contact us to discuss, otherwise simply bring the completed form with you. Please send your registration by return email.

Martha Calhoun and Dave West are your facilitators for the day. Both are fully trained Holotropic Breathwork™ facilitators and fully qualified Transpersonal and Experiential Psychotherapists. Both have over 25yrs each experience in the counselling field. Martha has also completed a Bach of Soc Sci and is currently studying a Grad Dip in Psychology. There may be other experienced people supporting on the day.

Registration for Breathwork Day 9th March 2019	
Name	
Address	
Phone	
Email	
Payment Can be made by Direct Deposit: EFT: Acc name: Journeylines. Acc No: 095180. BSB: 100022003 Identifier: (your surname) and 1d (first 3 letters of the month you are attending) example: Calhoun1dJan Cheques made out to Journeylines	

A: Journeylines, P.O. Box 14, Goolmangar Store, Goolmangar, NSW 2480
E: journeylines@bigpond.com
M: 0429492945 0418492945
P: 0266888242

Please indicate here if you are attending the Friday evening information session in Lismore (directions will be sent to you) Yes / No

Cost	Workshop	See new policy
	Friday night accommodation (includes breakfast)	\$40
	Saturday night accommodation (breakfast inc.)	\$40