



Come,
Celebrate with Us
this Global Breathwork Day
by taking a quantum leap
into your souls

Experience
the transpersonal aspects within
the realms of consciousness;
physical, mental, emotional,
and spiritual aspects
of who you are,
of life, living,
Existence

**Journey towards the transpersonal
move toward wholeness**

www.breathworkindonesia.webs.com

Facilitators



DAVID DJAELANI GORDON, born in Chicago in 1942, is a certified Holotropic Breathworker, trained directly by Dr. Stanislav Grof and Christina Grof in the US and was among the Grofs early trainees. He owned *Philemons*, a retreat center in Carmel Valley where he carried out Transpersonal Psychology work, particularly Breathwork, Counseling, Shamanic Studies & Retreats, as well as retreats for men and men's issues. He is a Massage Therapist and Practitioner, adept with Art Therapy and Creative Expressions (as part of retreat activities), and is a Native American Indian Sweat Lodge Leader. He also worked with issues of Death and Dying, Crisis and Suicide intervention. He moved to Indonesia in 1995 after marrying Joyce, a native Indonesian. With his drug recovery background and as a Drug and Alcohol Abuse Counselor, he began to work with addicts and recovery. He is currently the Program Director of *Yayasan Harapan Permata Hati Kita* (YAKITA), a Drug Addiction and Treatment Recovery Community and foundation, based in Ciawi, Bogor, West Java (www.yakita.webs.com)

JOYCE DJAELANI GORDON, born in Jakarta in 1964, is a psychologist, graduated from the University of Indonesia. She is the Founder and Board member of *Yayasan Harapan Permata Hati Kita* (YAKITA) Drug Addiction and Treatment Recovery Community. She has been actively involved with various health NGOs since 1984 as well as consulting for international NGOs such as PATH Seattle, Project Concern International (PCI) San Diego, CARE, WHO, John Snow on AIDS, gender issues and Adolescent Health. She had her first breathwork session in 1994, facilitated by David and over the years has become familiar with the work, assisting David as he facilitated Breathwork Sessions in Indonesia. She went to Joshua Tree Retreat Center in California for a Holotropic Breathwork™ retreat organized by Grof *Transpersonal Training* (GTT) facilitated by Tav Sparks. Her rich cultural background and her own experiences allowed her a deep understanding of the transpersonal

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Breathing as One

Bogor, West Java, Indonesia, June 11, 2011
Worldwide Celebration of the Lives & Work
Of Stanislav & Christina Grof



The Grof Holotropic Breathwork Experience

Global Breathwork Day

Association of Holotropic Breatwork International

A radical inner transformation and rise to a new level of consciousness might be the only real hope we have in the current global crisis brought on by the dominance of the Western mechanistic paradigm - I believe it is essential for our planetary future to develop tools that can change the consciousness which has created the crisis that we are in. -

Stan Grof

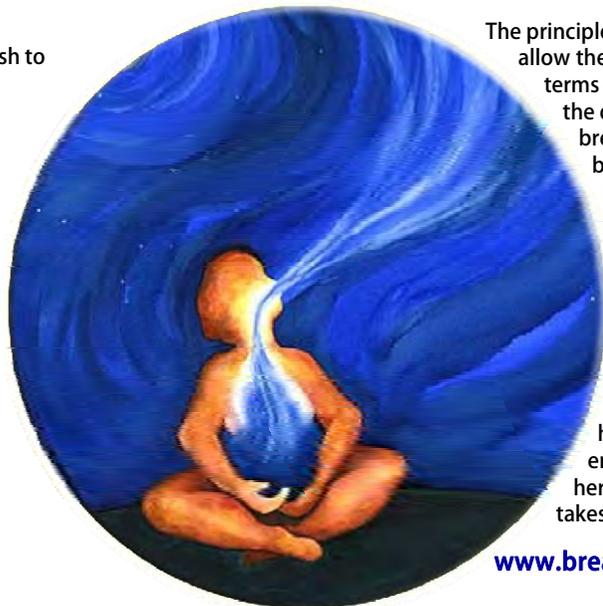
Holotropic Breathwork is a powerful approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, Eastern spiritual practices, and mystical traditions of the world. The name Holotropic means literally "*moving toward wholeness*", from the Greek words "*holos*"=whole and "*trepein*" =moving towards.

Holotropic Breathwork uses a prescribed set and setting. Certified facilitators provide information about nonordinary states of consciousness before participation, and a format for the breathing that includes evocative music, a reciprocating partnership in sitting and breathing sessions, art, focused energy release work, and group sharing for integration.

Many experiences arise in the process of this work, but having breathwork experiences per se, (or any particular experience, such as rebirth or ecstasy) is not the purpose. The goals are wholeness, healing, and wisdom. Experiences are the means to these goals.

Breathwork is good for those who wish to

- access healing and insight
- expand his or her consciousness
- tap into more creativity
- release stress or anxiety
- move past stuckness and re-energize their lives
- release emotional or physical symptoms and unproductive behavior patterns
- transform the negative side effects of long-forgotten events buried deep in their unconscious.
- heal trauma
- connect more deeply or get in touch with their spiritual essence



- be supported through a period of mourning or grieving
- explore feelings about the state of the world around them
- work through physical illness by exploring emotional issues associated with the illness
- discover their higher calling or vocation
- experience mystical states
- move on from depression
- overcome feelings of discouragement, listlessness, or disorientation
- become empowered
- deepen their capacity to support themselves and their loved ones
- access their inner wisdom and intuition
- know themselves more deeply
- create a more fulfilling life

The breathwork facilitator simply opens up the realm of possibilities for you to explore and heal. **Whatever your psyche needs, it will what you will experience.**

The principle of the Holotropic method is to allow the Inner Healer what it needs in terms of time and support to process the deep material that arises as the breath opens up the system. The basic principle of this work is to let the breath do the work. Only when the breather feels stuck in some way does the facilitator take a role, taking his or her clues from the breather and encouraging the breather to amplify the existing symptoms.

While energy and awareness are held in this area, the subject is encouraged to express fully his or her reaction, whichever form it takes.

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Breathing as One

On June 11th, all practitioners around the world will be hosting holotropic breathwork events. This event is meant to do several things:

- To honor Stan's 80th birthday and Christina's 70th birthday and honor their lives work in the area of transpersonal psychology.
- To offer an opportunity for all of us to heal
- To see whether we can affect global healing through non-ordinary states of consciousness

Indonesia will take part in this global breathwork day.

Event:	Bogor Bernapas Menjadi Satu Global breathwork Day June 11, 2011
Time:	June 11, 2011 - June 12, 2011
Location:	Villa Pandava YAKITA
Street:	Jl. Ciasin No.21, Desa Bendungan, Ciawi
City/Town:	Ciawi, Bogor, West Java
Country:	Indonesia
Phone:	+62-251-824375
Skype:	joydave
Email:	joydave@gmail.com
Price:	Minimum Rp. 500.000 (± USD 60)
	All funds will go to help the foundation Drug recovery program, Health Clinic
Practitioner:	David D. Gordon
Assisted by:	Joyce S.H. Djaelani Gordon

Do I need to register?

Yes. Email us and a form will be sent to you. Please fill the form(s) and return to us immediately to reserve your place.

How do I pay?

Pay when you arrive. We just do this the old fashioned way

Check Breatwork events & facilitators closest to you at
www.grof-holotropic-breathwork.net