

Holotropic Breathwork™

Experiential Workshop in Red Hook, NY

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

Holotropic Breathwork™ draws on ancient healing and spiritual practices to:

- use the power of your breath and music to move into deep, non-ordinary states of consciousness in a safe setting
- unlock the personal and collective unconscious to explore the deepest aspects of Self, Spirit, and Universe

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: June 26, 2010, 9 AM to 8:30 PM in Red Hook, NY

Cost: \$150 if registered by June 16, 2010; \$165 after
Need-based partial scholarships are available.

**Advance registration is required and includes payment, medical & registration forms.

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

About the facilitators:

Tom Francescotti, ND, is a naturopathic doctor and intuitive healer who continually seeks to inspire and transform people's lives with authentic care. Dr. Tom became involved in Holotropic Breathwork as a way to release grief and move forward in his life. He became a certified Holotropic Breathwork practitioner in 2007. Among facilitating his own groups, he also is often on staff with GTT, the main Holotropic Breathwork training organization in the country. He maintains naturopathic practices in Rhinebeck & Poughkeepsie, NY, as well as operates Dr. Tom's Tonics, a natural pharmacy.

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 in Maryland.

To register: send payment to Dr. Tom Francescotti, 6384 Mill Street, Rhinebeck, NY 12572. If you prefer to pay via credit card (3% additional charge), you may stop by (or call) Dr. Tom's Tonics in Rhinebeck. Please visit www.drfrancescotti.com for further registration requirements.

** 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.

For more information, email info@drfrancescotti.com or call 845-876-5556
or visit www.drfrancescotti.com