

# Holotropic Breathwork™

An Introductory Talk in Rhinebeck, NY

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

## Topics will include:

- What is Holotropic Breathwork? What are its origins?
- What are non-ordinary states of consciousness?
- The concept of the inner healer
- Stan Grof's Cartography of the psyche: Biographical, Perinatal, & Transpersonal experiences
- What are the four Birth Matrixes and how do they relate to our lives & well-being
- What is a COEX?
- What experiences may arise during a workshop?
- The schedule of a Holotropic Breathwork Workshop day
- Contraindications for this work
- The Breather/Sitter relationship
- The mandala drawing process and group-sharing dynamics

Dr. Tom will also discuss his personal journey over the last 7 years with this work, illustrating many of the above topics through his many mandala drawings that were done after each of his breathwork sessions.

These evenings are free and open to the public for anyone who wants to know more about this work. No commitment to the Holotropic Breathwork Experiential Workshop (June 26, 2010) is necessary.

**Please Note: All those planning to attend the workshop on June 26, 2010 are strongly encouraged to attend this talk.**

**When:                      May 18, 2010 Tuesday 6-7:30pm  
   June 15, 2010 Tuesday 6-7:30pm**

**Where:                      Dr. Tom's Tonics  
   6384 Mill Street, Rhinebeck, NY 12572**

**For more information, email [info@drfrancescott.com](mailto:info@drfrancescott.com) or call 845-876-5556 or visit [www.drfrancescott.com](http://www.drfrancescott.com).**

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**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 is also 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.