

The Adventure of Self-Discovery
Experiential workshop
in
Holotropic Breathwork, Gestalt Therapy & the Stormy Search
of the Self



led by

Susanne Andrés & Ole Ry

Hegnegaarden, Orø, DENMARK

Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • Fax +45 5947 0069 • gis@gis-international.com • www.gis-international.com
Member of The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)

Holotropic Breathwork ...

- is a powerful approach to self-exploration and healing, developed by *Stan* and *Christina Grof*. It integrates insights from modern consciousness research, anthropology, various depth-psychologies, transpersonal psychology, Eastern spiritual practices and mystical traditions of the world. The name Holotropic (from the Greek *holos* = whole and *trepein* = to move toward) literally means "moving toward wholeness". This method utilizes the spontaneous healing potential of the psyche that becomes available in non-ordinary states of consciousness induced by accelerated breathing and evocative music in a special set and setting. Focused bodywork and mandala drawing are additional important elements in the holotropic process.

Holotropic Breathwork mediates access to all levels of human experience, including emotionally relevant childhood memories and other biographical issues, sequences of psycho-spiritual death and rebirth, and a broad spectrum of transpersonal experiences.

The theory and practice of Holotropic Breathwork is described in Stanislav Grof's books *The Adventure of Self-Discovery* and *Psychology of the Future*, and several other books.

Integrated with Gestalt work, Holotropic Breathwork is the most profound tool for self-exploration and growth, we know of today. The synergy of both approaches is very powerful, when it comes to healing and transformation.

The group is open to everyone with or without previous experience of gestalt or Holotropic Breathwork. Couples, who choose to participate, can be taken to another level of relationship. Gestalt students (and others) will surely benefit from an expanded worldview and understanding of the psyche. The ability to contain and appreciate own and others strong emotions will be developed. The deeper meaning of spirituality will be explored. We have many years of experience of integrating the two approaches and in creating a safe space for the process to unfold.

Life will never be the same!

Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • Fax +45 5947 0069 • gis@gis-international.com • www.gis-international.com
Member of The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)

Leaders Biographies

Ole Ry, born 1946, and living in Denmark. Medical doctor (1973). Specialized in psychiatry (1981). Graduated as a gestalt therapist from The Gestalt Institute of Scandinavia (1981). Certified facilitator in Holotropic Breathwork (1993). Has been a member of the Grof Transpersonal Training (GTT) staff at several training modules and events internationally. Has a long clinical background in psychiatry/ psychotherapy/ counseling. In 1987 founded Psychotherapeutic Center, a treatment and training facility in the northern part of Denmark. External Lecturer at Aalborg University, Dept. of Music Therapy, 1987 – 1993. Senior trainer, supervisor and examiner at GIS-International. Psychiatric Consultant for Falck Healthcare and for the State Administration of North Jutland. Has worked internationally for many years. Author of numerous articles on psychotherapy and co-author of a few books. Married to Susanne Andrés.



Susanne Andrés, born 1960, and living in Denmark. Has been practicing as a body therapist since 1986. Graduated as a gestalt therapist from Psychotherapeutic Centre in 1994 and from The Gestalt Institute of Scandinavia in 1996. Became a certified facilitator in Holotropic Breathwork in 1997. Has a diploma in psychology (BA) from The Danish University of Education (2002). Has been a staff-member of the Grof Transpersonal Training (GTT) at several training modules and events internationally since 1996. Has her own clinical practice, and has since 1997 been the administrative director, teacher and supervisor at Psychotherapeutic Center. Senior teacher at GIS-International. Has worked internationally since 1996, giving workshops in psychotherapy, leadership development, team building, Holotropic Breathwork, TRE (Trauma Release), shamanic counseling, psychodrama / family-constellations and bioenergetics. Married to Ole Ry.



Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • Fax +45 5947 0069 • gis@gis-international.com • www.gis-international.com
Member of The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)

For more information contact:

Susanne Andrés or Ole Ry, email: jarmsted@dadlnet.dk, tel. +45 98 23 57 23
Jette Maja Porting of GIS jette@gis-international.com Tel. +45 59 470017

Visit Hegnegaarden at Orø in Denmark!

Hegnaarden is a re-build 3-winged farm, surrounded by fields and close to the water. Here is a special atmosphere and it is an inspiring place for presence, development and togetherness.



Please visit Hegnegaarden’s website on www.hegnegaarden.dk

Application

Registration is binding. The number of participants is limited. Please send your application + medical form (attached) to:

GIS • International ApS.
Næsbyvej 28, Orø • DK-4300 Holbæk
Tel. +45 5947 0017 • Fax +45 5947 0069
Email: gis@gis-international.com • www.gis-international.com

Dates

Ask GIS for dates	First day Check-in	18.00 – 19.00
	Dinner	19.00 – 20.00
	Start	20.00
	Last day Closure	13.00

Price – please ask GIS for prices

Per person:
Students/retired person:
Accommodation:

Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • Fax +45 5947 0069 • gis@gis-international.com • www.gis-international.com
Member of The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)