



A Day of Holotropic Breathwork® in Dubai

Saturday 21 October, 9:00am-7:00pm

Holotropic Breathwork is:

- An experiential method of self-exploration
- A powerful way to access our inner landscape
- A process to activate our innate healing potential
- A way to radically shift our perspectives and patterns
- A practice to access expanded states of consciousness

Holotropic Breathwork, which was developed by psychiatrist Stanislav Grof and his wife Cristina Grof, combines accelerated breathing with evocative music in a safe setting.

The day is structured with two breathing sessions and integration processes. Snacks and meals are provided.

Free Online Introductory Talk: Wed 18th October
19:00pm-20:00pm

Cost: Dh1,300 includes materials, fresh fruit lunch and shared dinner

Early Bird Cost: Dh1,100 - if paid by 4th Feb

Location: Umm Suqeim, Dubai

MAXIMUM OF 16 PARTICIPANTS ONLY

Andrea Anstiss is a Transpersonal Psychotherapist, a certified Holotropic Breathwork facilitator and a former Hoffman Process teacher. She has been facilitating breathwork since 1987 and Holotropic Breathwork since 2010. Andrea will be assisted by Nadia Chanandin, Breathwork Facilitator.



For more information and to book, please contact
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