



CENTRAL UNIVERSITY OF KARNATAKA

Department of Psychology School of Social and Behavioral Sciences

is organising

A three-day National Skill Development Program

on

HOLOTROPIC BREATHWORK

About the Resource person:

Mr Thomas is a renowned certified international practitioner and trainer of Holotropic Breathwork. He has conducted breath work programmes in several Asian, African countries and the United States and trained more than 2500 participants in Holotropic Breathwork so far.

Only limited seats are available on a first -come, first -serve basis.

Course schedule:

16,17 & 18 November
2023

9.30 am to 12.30 pm

and

3.15 pm to 6.15 pm

Register Now



Holotropic Breathwork is a special practice that can help people explore their feelings and thoughts in a really deep way. This practice was created by a psychiatrist named Stanislav Grof and his wife Christina Grof during the 1970s, and it's a blend of breathing exercises, calming music, and focusing on your thoughts. When people do Holotropic Breathwork, they usually do it in a group and are guided by trained facilitators. Participants are encouraged to lie down and engage in a specific breathing pattern that promotes increased oxygenation and altered states of consciousness.

About workshop

A three-day National Skill Development Programme on Holotropic Breathwork is designed to train the students scholars and faculty on the theory and practice of Holotropic Breathwork. The workshop focuses on developing skills among the delegates in exploring their feelings and thoughts in a really deep way. At the end of the workshop, the delegates will be able to breathe in deep, rhythmic, and continuous, allowing participants to enter into a heightened state of awareness.

Objectives

1. Self-Exploration: Participants use this method to gain insight into their own psyche, exploring aspects of their personality, past experiences, and unconscious patterns.
2. Emotional Healing: The practice can help people let go of feelings they've been holding onto, making them feel much better.
3. Spiritual Growth: Many practitioners report experiences of connection to a higher consciousness or a sense of unity with the universe.
4. Personal Transformation: Through deep introspection, participants can work towards personal growth and positive behavioural changes.
5. Creativity and Inspiration: Some individuals find that Holotropic Breathwork enhances their creativity and problem-solving abilities.
6. Stress Reduction: The practice's meditative and cathartic aspects can lead to reduced stress and increased relaxation.
7. Discovering Yourself: People use it to learn more about themselves and understand their feelings and thoughts better.



Course Schedule

Dates: November 16th to 18th, 2023

Duration: Three Days

Seats Available: 30

Registration fee structure:

Students: INR 900/-

Research Scholars: INR 1200/-

Professionals: INR: 1800/-

Who should attend?

Faculty Members
Research Scholars
Students

HOW TO APPLY:

Participants need to fill out the Google form and submit the registration fee in favour of the HoD Psychology, payable at Canara Bank, Kadaganchi branch, Kalaburgi, Central University of Karnataka.

Bank Name: Canara Bank, Kadaganchi Branch

Account Number : 110148758288

Account Name: HOD PSYCHOLOGY

IFSC: CNRB0005109

Limited accommodation is available in the guest house. Accommodation can be provided on a payment basis separately. Participants will be selected on a first-come-first-served basis.

Registration closes on 11th November 2023

Course Coordinator :

Prof. Romate John
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