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Now 87 years old Stan
is “arguably the world's
greatest living
psychologist” (Wilber)
and this book,

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published fairly recently, is a comprehensive overview of an integrated therapeutic breathing method developed towards the latter half of his professional life with his partner Christina Grof, called Holotropic Breathwork™ . A New Approach to Self-Exploration and Therapy (2010) is an excellent introduction into how breathing to

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Holotropic means

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Stanislav, Christina
Grof, Jack Kornfield.

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Overall, holotropic
breathwork is a
promising new
technique which aims
to promote health and
well-being by following

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Holotropic breathwork is an experience that is supposed to bring the person into a deeper dimension of the present moment and to see things in a more colorful, insightful way than reality might appear otherwise.

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developed their
revolutionary healing
techniques, often told
through fascinating
stories of people being
transformed by the
breathwork process.

The Grofs are at the
center of the current
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revolution in the West,
and this book is a
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Grof and Grof, (2010)
Holotropic Breathwork:
A New Approach to Self-
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book! - although, I was
disappointed until I
began reading the
second half, The

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historical roots and theoretical foundations of the holotropic breathwork experience are important subjects, but for some reason...

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stories of people being transformed by the breathwork process. The Grofs are at the center of the current psycho-spiritual revolution in the West, and this book is a testament to their role in our collective healing."

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research with
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psychology, eastern
spiritual practices, and
mystical traditions
from around the world.

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**Holotropic
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This workshop explores Holotropic Breathwork, a psychospiritual experiential method developed by Stan and Christina Grof that is based on these new principles. It uses a combination of breathing, evocative music, focused bodywork, and mandala drawing to explore realms of the psyche ordinarily

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hidden to awareness.

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(Audiobook) by
Stanislav Grof ...**

It was my first
Holotropic Breathwork
™ retreat, and nothing

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I would have expected. I laid in a fetal position on my mat - hands clenched, sweat dripping from my forehead, crying my eyes out like a newborn. Thumps of tribal drums blasted through the speakers just a few feet away. To the right was my sitter, carefully looking after me if I ...

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