



The Ox-Head School is pleased to host an;
End of Year Breathwork Workshop



“This seemingly simple process, combining breathing, evocative music, and other forms of sound, body work, and artistic expression, has an extraordinary potential for opening the way for exploring the entire spectrum of the inner world.”

- Dr Stanislav Grof (Holotropic Breathwork co-founder)

It's been quite a year for us Melbournians, and so the Melbourne Oxhead School of Transpersonal Psychology is pleased to be providing a safe and supportive healing space to help restore our spirits as 2021 comes to an end, with one of the most

effective methods for such a task—breathwork.

A caring team of therapists—including a fully-certified Holotropic Breathwork facilitator—will provide the optimal setting and support for taking a small group on a deep 2.5hr breathwork journey accompanied by a very evocative music set. Participants can anticipate this workshop being potentially very useful for releasing stress and trauma, and for accessing valuable spiritual insights.

The event will also begin with a short presentation about the modern-day relevance of ancient technologies that mediate non-ordinary states of death-rebirth sequences, as a means for us modern folk developing the resilience necessary for navigating these uncertain times. Furthermore, participants will also have the opportunity to do a mandala or soul collage exercise, and share their experience, after their breathwork journey.

If you're interested in the event but cannot make this upcoming one, we're happy to inform you of our plans to hold fortnightly 4-hour workshops beginning Jan 22nd 2022. The hope is to create a dynamic breathwork community where like-minded "seekers" and psychonauts can meet on an ongoing basis and support each other in their inner-work.

So that we can offer this powerful form of therapy more inclusively, there will also be the option to come and assist for one breathwork, and then attend the next one free of charge, as a sort of seva exchange upon agreement with the school. This option might also appeal to psychedelic therapists and individuals thinking perhaps to formally train in breathwork facilitation.

INFOMATION

Where: New Oxhead School HQ: Lvl 1, 699 Nicholson Street, Carlton Nth 3054

When: 4pm to 8pm - Saturday 18th Dec

Cost: \$150 (concession \$120) or a seva exchange.

Spaces are limited to 10 participants. Please direct any enquiries or register you interest with the organiser Sharna Hussain at sharna.psych@gmail.com