

Press Release

FOR IMMEDIATE RELEASE
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Association for Holotropic Breathwork (AHBI) Launches Dynamic Global Online Community

Cambridge, MA – (February 21, 2009) – The Association for Holotropic Breathwork (AHBI) has formally launched a dynamic new web community with free membership to anyone interested in the practice of Holotropic Breathwork. Community members can come together with like-minded individuals to exchange information, stories, and artwork about their experiences of healing and transformation.

The new online community also offers a free search function of certified Holotropic Breathwork facilitators by geographical location. This move marks the first time a global comprehensive listing of certified facilitators can be found in one place, and there is no fee for facilitators to get listed, allowing for the maximum alternatives for those individuals looking for help.

Holotropic Breathwork may be defined as “breathwork that leads toward wholeness” from *the holos*, meaning “whole” and *trepein*, meaning “to turn, lead, guide”.

Holotropic Breathwork combines accelerated breathing with evocative music and close one-on-one supervision in order to access insight and healing in non-ordinary states of consciousness. Holotropic Breathwork is facilitated by professionally certified practitioners who are rigorously trained by Grof Transpersonal Training (GTT).

Stanislav Grof, M.D. and his wife, Christina Grof, developed this powerful and natural technique in the mid-1970's from modern consciousness research and their study of ancient spiritual systems.

Dr. Grof is a psychiatrist with more than forty years of experience of research in psychotherapy and non-ordinary states of consciousness. His early research was at the Psychiatric Research Institute in Prague, where he explored the heuristic and therapeutic potential of LSD and other psychedelic substances. Later, Dr. Grof conducted psychedelic research as Assistant Professor at Johns Hopkins University and Chief of Psychiatric Research at

the Maryland Psychiatric Research Center. He also spent fourteen years as Scholar-in-Residence at Esalen Institute in Big Sur, California.

Dr. Grof is one of the founders (with Abraham Maslow) and chief theoreticians of transpersonal psychology, and he is the founding President of the International Transpersonal Association. Stanislav Grof and his staff at Grof Transpersonal Training have trained almost a thousand certified practitioners of Holotropic Breathwork, who are now practicing in many countries around the world.

What: Association for Holotropic Breathwork International (AHBI), now offers a free online community supporting healing and transformation through the practice of Holotropic Breathwork. Annual paid membership in the organization is open to anyone with an interest in Holotropic Breathwork and may be tax-deductible.

Where: www.ahbi.org

How: -Free access to the online community

-*\$65 per year* (\$5.42/month): includes regular membership in the organization to support the practice of Holotropic Breathwork and receive the quarterly newsletter

-*\$35 per year* (\$2.92/month): income sensitive or from developing countries

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