



INSPIRED BREATH RETREATS

The Nature & Origins of Breathwork

Breath & the Unconscious

We examine the evolution of the theory of birth trauma from its emergence in the 1930's to now.

We look at the work of the pioneers of this theory - Anna Freud, Sigmund Freud, Wilhelm Reich, Arthur Janov, Alexander Lowan and Otto Rank.

The role of breath in accessing unconscious material:

- **Neo-Reichian approaches**
- **Body-oriented psychotherapies and their contributions to Breathwork sessions**
- **The distinctions between Re-birthing and Breathwork.**