



INSPIRED BREATH RETREATS

## **The Nature & Origins of Breathwork**

### **Breath & Consciousness**

**We will examine how we perceive our world and our place in it through the prism of the breath. By being conscious of how we breathe and deliberately altering the pace and depth of our breath, we change our awareness. We will also examine the concepts of the unconscious and the super-conscious.**

- 1. The Yoga Traditions – bringing stillness & expansion through the breath.**
- 2. The relationship between Carl Jung and Eastern Spirituality.**
- 3. Leonard Orr & Re-birthing (developed mid 70's)**
- 4. Stanislav Grof & Holotropic Breathwork (developed mid 80's)**
- 5. Frank Lake – Breath, feeling and regression (developed 60's and 70's)**