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Convenor:

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Co-Convenors:

Ms Alisha Chettri, DHoD Department of Psychology
Mr Dipanker Rai, Department of Psychology
Mr. Anuraag P Lama, Department of Psychology

Please note:

*The reporting time for the workshop is 7 a.m.

Fees: Registration without accomodation: Rs. 500

Registration with accommodation: Rs 1000

***Those who have serious heart ailments may not be suitable to follow this programme.**

For more information about Holotropic breathwork you could explore in the internet (holotropic.com)

Organised by IQAC, Salesian College

Salesian College

A Don Bosco Institution
UGC certified 'College with Potential for Excellence' (CPE)

For Further Details, Please visit
www.salesiancollege.in
Contact: 8972867565
email: principal@salesiancollege.in



Faculty Development Programme

Workshop on Healing through **Holotropic Breathwork**

Dates: 4th - 5th March, 2019

Time: 7 a.m to 7 p.m.

Venue: E 34 Kalkaji, New Delhi 11019

"Holotropic breathwork is all about trusting your inner process and your inner wisdom without being caught up in concepts."

Stanislav Grof



Salesian College Siliguri

About Salesian College

Salesian College (SC) is a Government recognized, minority educational institution of the Catholic Church, run by Salesians of Don Bosco, Kolkata Province where over 1500 students do their Arts/Humanities, Commerce, Science and Professional studies (both UG & PG) under NBU. SC established in Shillong, in 1933, was shifted to Sonada, in 1938. It comes under section 2 (f) and 12 (B) of UGC Act of 1956. SC, Siliguri campus was inaugurated on 9th July 2009. SC was accredited by NAAC on 16 September 2004 and was given the Grade C++ (Institutional Score between 65-70%). On 26 February 2010 Salesian College has been conferred the status of College with Potential for Excellence (CPE) by UGC, New Delhi and into its 2nd Cycle from 1st April 2014. In March 2012, the College was re-accredited by NAAC with 'A' grade (CGPA of 3.16 out of 4) to be one of the very first Colleges to receive such grade under NBU. The third cycle of NAAC re-accreditation process for the college is underway. The college has started M.A. in English, Education & Psychology from 2016 - 2017.

About Workshop

Holotropic Breathwork is a method of accessing **non-ordinary states of consciousness** in the service of healing and learning. **Stanislav Grof**, one of the founders of **Transpersonal Psychology** and **Christina Grof** developed this process from their explorations of contemplative religious traditions and consciousness studies. Their work was fueled by Stan's observations, grounded in his years of psychiatric research of healing, that can take place during periods of non-ordinary consciousness, and the depth of change and transformation that occurred in his patients.

Through **accelerated breathing** combined with **music** and **focused bodywork**, participants in the workshop, gain access to levels of awareness that are not normally in our scope of consciousness. For many people there is a recognition and integration of elements of themselves

that are forgotten or energetically and emotionally blocked. Others experience insights about the nature of consciousness and understanding of the self. Many experience a new strength in their connection with an inner spiritual source.

Like many practices that evoke experiences and insights that are potentially transformative, Holotropic Breathwork is intended to be a part of an integral approach to personal learning and change. It can support the kind of deep physical and emotional release, and depth of contact that is not always possible in more traditional forms of therapeutic or healing work. However, it is not a 'quick fix' technique. Doing this work requires a commitment to a personal journey that includes not simply the experience itself, but also reflection upon and integration of that experience into daily life.

Resource Persons

Fr. K.C.Thomas SDB has a Masters in Philosophy and a Diploma in Integral Counselling Psychology. He is a research scholar at Sedona University. He has taught at Montfort College (Bangalore), Institute of St. Anselm (UK), Holy Names University (California), Salesian Pontifical University(Rome), Caritas Center (Cologne) and is currently Director of Bosco Institute of Psychology and Spirituality. He is certified practitioner of Holotropic Breathwork and represents Grof Transpersonal Training in India and Sri Lanka. He has conducted Holotropic Breathwork Workshops for over 600 people in India, South Africa, Nairobi and Sri Lanka.

Sr. Regi Komoroth has a Masters in Physics and is completing another Masters in Counselling and Psychotherapy. She is a certified Holotropic Breathwork facilitator and has conducted workshops in Bosco Institute of Psychology and Spirituality (Trivandrum) Inter Congregational Juniorate (Bhopal) and in Sri Lanka. She is a Life Coach for "Law of attraction and Universal Laws". She is former Provincial of the Province of Tanmaya (Bhopal) of Sisters of St. Joseph of Chamberi.