

Grof Transpersonal Training presents:

JUNG'S RED BOOK: THE WORLD WITHIN



A SIX-DAY HOLOTROPIC BREATHWORK WORKSHOP WITH

MONIKA WIKMAN & DIANE HAUG

October 17 - 22, 2010 The Columbine Inn, Taos Ski Valley, NM
With hotel room and delicious catered meals, \$1390 for a double or \$1625
for a single room

Join Jungian analyst Monika Wikman, Ph.D., and senior GTT staff and teacher Diane Haug for an exciting, creative journey into *The Red Book*, Carl Jung's world of archetypes, dreams, myths, shadow, symbols, alchemy, individuation, and astrology.

The Red Book, presented for the first time in late 2009, is considered possibly "the most influential unpublished work in the history of psychology". This masterpiece represents an extended period of Jung's deep self-exploration, what he describes as "a confrontation with the unconscious".

The workshop includes:

- * An overview of Carl Jung's central themes
- * The power and significance of Jung's own "spiritual emergency"
- * A variety of experiential processes, including Holotropic Breathwork(TM), Jung's "active imagination", art, writing, dreamwork, film, meditation, and movement

Who can benefit?

- * All seekers and therapists
- * Those wishing to enrich their inner lives with time-honored truths
- * Anyone learning to bring Jungian principles into their everyday lives.



A special opportunity to have a personal, living experience of Jung's most ground-breaking contribution. The workshop will become the 'alchemical vessel' for your own deep personal exploration, integration, and growth.

No prior experience with Holotropic Breathwork is necessary.

For those seeking certification as a Holotropic Breathwork practitioner, this is one of the elective modules.

44 CEUs available for MFT and Social Work in California and reciprocal states.

Monika Wikman, Ph.D. is a Jungian Analyst and author of *Pregnant Darkness: Alchemy and the Rebirth of Consciousness* (2005) and various articles in Jungian psychology journals. Monika obtained her BA from UC San Diego and her doctorate from the California School of Professional Psychology in San Diego, where her research took her deep into the study of dreams of people with terminal cancer. After teaching graduate students at California State University, Los Angeles, she graduated as a *diplomat* from the Jung-Von Franz Center for Depth Psychology in Zurich. She lectures internationally on

mythology and symbolism, dreams and wellness, alchemy and creativity. In private practice as a Jungian Analyst and astrologer, she lives along a creek and under starry skies in Tesuque, New Mexico with horses, dogs, and friends.

Diane Haug, M.A., LPCC is a licensed therapist living in northern New Mexico and a senior member of the Grof Transpersonal Training staff. Her background includes a decade of working with adults and children dealing with terminal illness. Diane has been involved with transpersonal psychology and the Holotropic Breathwork since 1986. For two decades she has been deeply involved with the international breathwork community, leading Grof training events in Scandinavia, Russia, South America, and Europe. Diane has developed GTT training modules including *Shamanism: An Exploration of Traditional Wisdom*; *The Language of the Soul: The Art and Practice of Integrating Deep Inner Experiences*; and *The Psychedelic Experience: Promises and Perils*. She is presently an adjunct faculty member at Southwestern College, a transpersonally oriented graduate school in Santa Fe, and the Executive Director of the Ocamora Retreat Center (www.ocamora.org) in northeastern New Mexico.

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