



GROF® BREATHWORK WORKSHOP IN SAN DIEGO

A DEEP JOURNEY INTO THE PSYCHE,
TRAUMA HEALING & INNER
EXPLORATION

FRI JAN 30 2026 6PM - 9PM ON ZOOM

SAT JAN 31 2026 8AM - 7:30PM IN PERSON

TUE FEB 3 2026 6PM - 9PM ON ZOOM

For more
information look
inside the brochure



Grof® Breathwork Workshop

in San Diego CA

California Zoroastrian Center

1721 Hornblend St, San Diego, CA 92109

Fri Jan 30th	2026	6:00PM - 9:00PM	Mandatory on Zoom
Sat Jan 31st	2026	8:00AM - 7:30PM	In Person at the Zoroasterian Center
Tue Feb 3rd	2026	6:00PM - 9:00PM	Recommended Integration On Zoom

Hosted & Organized by:

Pablo Nardi (GROF® Apprentice Facilitator, Certified Reiki Master, Buddhist Meditation Guide)

Sepi Tabai (GROF® Apprentice Facilitator, Personal Transformation Guide, Integrative Hypnosis & Identity Development Practitioner) www.sepitabai.com

Behzad Bahadori (Certified Hypnotherapist, IFS Practitioner, GROF® Apprentice Facilitator, Kundalini Yoga Instructor) www.behzadbahadori.com

♦ What is Grof Breathwork?

GROF® Breathwork (also known as holotropic Breathwork) was developed by Stanislav and Christina Grof in 1974 during Stan's long residency as a scholar at the Esalen Institute in Big Sur, California. Rooted in modern consciousness studies, depth psychology, and spiritual traditions, it reflects the Grofs' pioneering approach to healing and inner transformation.

Today, GROF® Breathwork represents the method by which Stan Grof wishes his legacy to be shared and practiced. It is a deeply immersive practice of self-exploration and healing

that invites participants into expanded states of consciousness using simple yet powerful tools: accelerated breathing, evocative music, and targeted bodywork designed to release unresolved emotional and energetic blocks.

This process allows access to a wide spectrum of human experience—including unresolved issues from childhood and adult life, traumatic emotional or physical memories, perinatal material, death-rebirth experiences, and transpersonal realms such as archetypal or mythological imagery.

Sessions typically take place in a group setting, with participants working in pairs and alternating roles as "breathers" and "sitters." Trained facilitators oversee the process and offer support as needed. After the breathwork, participants are encouraged to express their journeys through creative means—often using art—and to share reflections in small integration groups.

Unlike traditional talk therapy, GROF® Breathwork is experiential in nature. It shares common ground with the somatic and expressive therapies of humanistic psychology, such as Gestalt work and neo-Reichian approaches, which emphasize direct engagement with emotion and the body. This method offers deep value for those seeking personal insight, spiritual awakening, or emotional healing. It also serves as a powerful complement to psychotherapy and a valuable tool for professionals engaged in healing arts.

Today, GROF® Breathwork is increasingly used as a foundational skill in working with non-ordinary states of consciousness. It is especially relevant for those supporting individuals through spiritual emergencies, end-of-life processes, trauma and addiction recovery, and preparation or integration within psychedelic-assisted therapy.

To get a deeper understanding of Grof's groundbreaking work, we recommend watching this introductory lecture by Dr. Stanislav Grof watch this:

Proposal for a Radical Revision of Psychiatry, Psychology, & Psychotherapy , Stanislav Grof

<https://www.youtube.com/watch?v=i-aSLt3IKUs>

Grof Breathwork is not therapy in the traditional sense—but rather a journey into the psyche, the body, and beyond, guided by your own inner healing intelligence.

Read more [here](#).

◆ Who Is This Workshop For?

This workshop is open to anyone called to inner work and deep healing. No prior experience with breathwork is required. Participants will be asked to complete a medical form and undergo a brief interview prior to participation. The purpose of the medical form is for us to know how to serve you best during this process.

♦ Potential Health-Related Contraindications

Before registering, please note that GROF® Breathwork can involve strong physical and emotional experiences. This form of breathwork is not appropriate for pregnant women, or for persons with cardiovascular problems (heart attacks, cardiovascular surgery, severe hypertension, arteriosclerosis, angina pectoris, or arrhythmia), some diagnosed psychiatric conditions such as bipolar disorder and schizophrenia and recent surgery or fractures, acute infectious illness, grand mal epilepsy, or active spiritual emergency. If you have any doubt about the safety of your participation, please discuss your concerns with your physician, therapist and/or with us.

♦ Workshop Structure

Participants are encouraged to stay for the entire workshop.

Jan 30		
Preparation for the workshop	6PM - 9PM	Zoom session

Jan 31	
Arrival (Doors Open)	8:00 AM
Check-in Circle & Q&A	8:30AM - 9:30AM
Breathwork 1	10:00AM - 1:00PM
Lunch Break	1:00PM - 2:30PM
Breathwork 2	2:30PM - 5:30PM
Break	5:30PM - 6:00PM
Sharing Circle	6:00PM - 7:30PM

Feb 3		
Integration Session	6PM - 9PM	Zoom session

♦ Lunch

- Lunch will be Served. (Please let us know if you have dietary restrictions)

♦ Pricing

The cost of participation in this workshop is \$375 per person.

Early bird pricing is at \$325 and till Jan 7th 2026

Limited Partial Scholarships are available. Please contact us for more details.

♦ Registration & Contact

- Location: California Zoroastrian Center
1721 Hornblend St, San Diego, CA 92109
- Phone: (949) 701-6867
- WhatsApp: (310) 904-8787
- Email: gianna@grof-legacy-training-usa.com
- **Registration Link:**
<https://www.grof-legacy-training-usa.com/event-details/san-diego-grof-breathwork>

♦ Team

Colleen Reid

Breathwork Facilitator

Founder of BodhiBreath

Certified GROF® Breathwork Facilitator

www.bodhibreath.com

Colleen Reid is a breathwork guide with a deep foundation in transpersonal psychology and mystical traditions. With academic degrees from Dartmouth College and Yale University, she combines scholarly insight with experiential wisdom. Having studied in the lineage of Dr. Stanislav Grof and explored shamanic traditions across South America, Africa, and Southeast Asia, Colleen specializes in helping others access altered states of consciousness for healing, spiritual growth, and personal transformation. Through BodhiBreath, she supports others in connecting to their innate inner wisdom and capacity for awakening.



Marianne Murray, PhD

Breathwork Facilitator

Board of Directors, GROF® Legacy Project

GROF® Breathwork Trainer & Facilitator

Marianne is an eclectic and experiential practitioner with advanced academic training in transpersonal psychology, mindfulness-based psychotherapy, and transformative learning. She completed the Grof Transpersonal Training in 2001 and has facilitated Holotropic Breathwork across the US, UK, Europe, Kenya, and India. She is also a certified systemic constellation facilitator and licensed massage therapist. Marianne has served for over two decades as faculty at the Academy for the Love of Learning and explores how body consciousness, facilitator presence, and expanded states support learning and healing. She is a Mind and Life Fellow and lives in Santa Fe, New Mexico.



Behzad Bahadori

**IFS Practitioner, GROF® Apprentice Facilitator,
Certified Kundalini Instructor.**

Behzad offers a transformative journey for those grappling with PTSD, complex PTSD, addiction, anxiety, fears and phobias, self-esteem, self-confidence, finding purpose and many other related conditions. He is helping clients heal deeply, remove the blocks and unlock their potential. Using an integrative approach, Behzad combines Internal Family Systems (IFS), hypnotherapy, Neuro Linguistic Programming (NLP), Emotional Freedom Technique (EFT), Integral Eye Movement Therapy (IEMT), Grof Breathwork and holotropic states of consciousness, Kundalini yoga, Sound healing and other mind-body to facilitate profound emotional release, enabling individuals to replace destructive habits and behaviors, distorted and limiting beliefs with life-enhancing practices and excel.

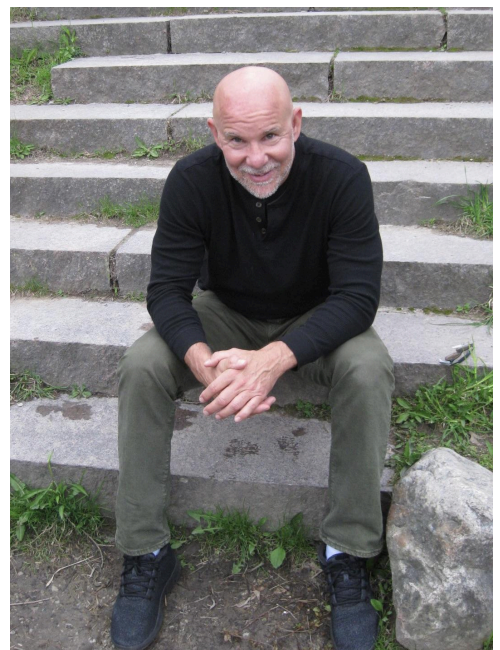
Behzad is a poet who writes in Persian, and his work reflects the complexities of trauma, resilience, and transformation. For him, poetry is not only a therapeutic tool to express his personal experiences but also a bridge for sincere connection with others walking a similar path.



Pablo Nardi

**Tibetan Buddhist Practitioner, Reiki Master, GROF®
Apprentice Facilitator**

Pablo offers a grounded and compassionate space for inner exploration, healing, and self-discovery through expanded states of consciousness. Rooted in years of Tibetan Buddhist practice, he has facilitated meditation circles that emphasize presence, insight, and embodied awareness as pathways to understanding oneself and finding meaning within the complexity of human existence.



As a Reiki Master and GROF® Holotropic Breathwork apprentice facilitator, his work integrates breath, mindfulness, and subtle energy awareness to support emotional release, inner clarity, and reconnection with one's innate wisdom. His approach honors the intelligence of the psyche and the healing that becomes possible when individuals are met with steadiness, respect, and non-judgment.

A devoted swimmer, Pablo draws inspiration from the rhythm of breath in water. The kinetic movement of swimming allows him to connect with himself and with life, breath guiding the body, water holding and enveloping him in the very element that sustains existence. This relationship with water subtly informs the way he supports others: with fluidity, depth, and an attunement to the natural intelligence of the body and the breath.

With a calm and attentive presence, Pablo supports participants in navigating their inner landscapes with curiosity and trust, allowing meaningful insights to emerge organically. His work is shaped by a sincere commitment to personal practice, ongoing training, and a deep respect for the transformative potential of non-ordinary states of consciousness.

Sepi Tabai

**GROF® Apprentice Facilitator, Integrative Hypnosis
& Identity Development Practitioner**
www.sepitabai.com

Sepi Tabai is a guide and facilitator whose work is rooted in presence, compassion, and a deep respect for each person's inner healing intelligence. Drawing from training in GROF® Breathwork, Integrative Hypnosis, Identity Development (IoPT), meditation, and somatic practices, she supports individuals as they navigate the layers of their psyche, often touching the places that have been unseen, unspoken, or waiting for attention.



Her approach is gentle yet profoundly attuned, creating a space where clients can access their own wisdom, integrate shadow material, and reconnect with the parts of themselves that long for wholeness. In her one-on-one work, Sepi blends trauma-informed methods with intuitive guidance, helping clients explore limiting patterns, emotional imprints, and the deeper questions that shape their lives.

Sepi is currently an apprentice with Grof Legacy Training USA, continuing her multi-year study in non-ordinary states of consciousness and expanded awareness. She brings years

of experience as a meditation guide, Integrative Hypnosis practitioner, and Identity Development facilitator, along with a background as an End-of-Life Doula, work that has taught her to meet every human experience with tenderness and dignity.

Whether in group settings or private sessions, Sepi holds a steady, compassionate field that invites people to soften, turn inward, and discover what is longing to emerge. Her work is guided by humility, curiosity, and a deep trust in the human capacity for transformation.

An introduction to Holotropic Breathwork™

Marianne Murray and Holly Harman

The holotropic perspective arises from the work of Stanislav Grof, a psychiatrist with more than 50 years of experience researching the potential of non-ordinary states of consciousness. One of the founders of transpersonal psychology, along with Abraham Maslow and Anthony Sutich, Grof is also one of the chief theoreticians of this domain.

Grof is a pioneer in the research of psychedelics. His work began in the 1960s when he explored the potential of LSD and other psychedelic substances for application in the field of psychiatry. He started this research in Prague where he was Principle Investigator at the Psychedelic Research Institute. His research continued in the United States with his invitation to lead research at Johns Hopkins University, and then the Maryland Psychiatric Research Center.

From the early 1970s, Grof was scholar in residence at Esalen Institute in California, where he remained until 1987. Grof's focus during this time was on deepening his understanding of how processes of healing emerge in non-ordinary states of consciousness, as well as the transformative potential of these states. Much of his most seminal writing took place during this period of his life. It was at Esalen, too, that Grof and his late wife, Christina, co-created and developed the practice of holotropic breathwork, as a non-drug means to continue the exploration of non-ordinary states of consciousness.

It is worth noting that Grof dislikes the commonly used term, *altered* states of consciousness, because of the inference that there is a preferred state of normal consciousness that is changed, or manipulated, in a specific manner. The connotation is that altered states are negative, or dysfunctional. Instead, Grof prefers to speak of *non-ordinary* states of consciousness or expanded states of consciousness.

What is meant by *holotropic*? The word was coined by Grof, drawing from the Greek: *holos* meaning whole, and *trepein*, which means moving in the direction of. Holotropic breathwork, then, is a practice that moves us in the direction of wholeness. As a reference, we can point to the fact that plants are helio tropic: as they grow they are always moving towards the sun. Grof's research led him to understand that, as humans, we have a natural propensity to heal and grow and that growth is a movement towards wholeness.

Grof refers to this orientation towards wholeness as 'inner healing intelligence'. Holotropic states of consciousness are those non-ordinary, expansive, states that invite and support an innate movement towards wholeness. In the words of Grof: "Holotropic states bring to consciousness that which has a strong emotional charge in us already. Something that is psychodynamically relevant at the time and is most available for us for conscious processing." When we enter a holotropic state with the intention of healing and self-discovery, we open up to our unconscious thus inviting to consciousness that material to which we most need to attend and heal.

Grof's 'Cartography of Consciousness'

While not yet fully integrated into mainstream psychology, Grof's cartography of consciousness increasingly is recognized as an essential continuation and deepening of the work of Carl Gustav Jung. Many who orient to transpersonal psychology believe that in the future, when we look back on what we now know as modern psychology, we will see the full impact of Grof's work to be enormous, and he will have his place alongside other giants in the development of psychological theory and the field of psychiatry.

At the time Grof was involved in his clinical studies, the prevailing wisdom was that we are born a tabula rasa – a blank slate. Onto this empty psyche, as we come into contact with our caregivers and the environment after our birth, we slowly but surely develop our personalities, our personas, and all the various fixations, neuroses, and other problems that we later confront in psychotherapy.

Grof proposed the idea that our psyche is already deeply imprinted prior to birth, affected by pre- and perinatal experience, and even prior to that in what he identifies as transpersonal realms. The scope of this proposal was a radical expansion of existing Western beliefs about human consciousness. For many of us now, this is not such a ground-breaking possibility, but certainly during the second half of the last century, when Grof was so actively involved in his research and writing, it was an audacious idea.

When Grof began to sort the data that he had gathered from the thousands of psychedelic sessions he supervised – as well as his own experiences – he saw a picture that vastly expanded the psyche that he knew as a traditional psychiatrist. He, of course, recognised many experiences arising out of personal biography: accidents, deaths, losses, various forms of trauma, and so forth often accompanied by a strong physical and emotional charge. During sessions, these experiences arise and can be recognised and worked with within the context of the client's personal history and development.

However, Grof also observed a range of somatic, and energetic movements that appeared to be non-verbal, or pre-verbal and often bore a clear resemblance to impulses and gestures seen in fetuses and neonates. While these experiences might be accompanied by strong emotions, there was no cognitive content. Grof proposed that these experiences revealed a somatic or organic memory of our pre- and peri-natal experiences and that these experiences create a kind of substrate that informs and shapes our later development.

Considering the power and intensity of the birth process, it is difficult to imagine that it would not have a significant impact upon us. If nothing else, the dramatic and irreversible shift from an aquatic environment to one in which we are dependent upon breathing air and the immediate activation of our lungs, represents a formidable and life changing threshold to be navigated.

Grof proposed four aspects to this pre and perinatal realm of experience: what he calls the Basic Perinatal Matrices (BPM). The first of these is the aquatic realm within which the

foetus exists prior to the start of birth contractions. In the best of circumstances, during this period there is an oceanic sense of safety and warmth in which all needs are met. Of course, this is not always the case. Sometimes this uterine environment is impacted by sickness or other difficulty in the mother's condition; external influences such as violence or war; and by prevailing emotions such as fear, anxiety or anger.

Grof's second BPM describes the period when the birth contractions begin. At this point, although the pressure on the foetus may be increasingly powerful, the cervix has not yet opened and there is literally no way out. The associated feelings are often ones of existential hopelessness and depression. This is a condition in which there is no exit: contained, restricted and pressurized. For many people, these depressive experiences may be familiar in day-to-day life, and Grof suggests they may originate as somaticized memory from this stage of the birth experience.

Once the cervix opens, a dynamic engagement and movement begins. There is a sense of direction, and an end in sight. The pressures on the foetus are massive and the struggle is powerfully physical: literally, a struggle for life in what feels like a passage of destruction. This third BPM involves the experience of being crushed, being torn apart, being faced with terrible violence and potential annihilation, while propelled by a force towards freedom. Enormous energies are felt in and around the body (more than 60 pounds of pressure per square inch) pressurizing the foetus through the birth canal.

The final stage (BPM 4) is the breakthrough of birth itself: the movement out of the mother's body and entry into a completely new form of existence. Energetically this may involve a sense of sudden unexpected change, of expansion, freedom, ecstasy, release, and peace. A relevant image might be that of the phoenix arising. In the best of birthing circumstances, there will be a feeling of welcome, love, and of coming home.

While often described metaphorically as a hero's journey, Grof believes that we must also consider the impact of experiences from the birth process in the context of psychiatry. In

his view, our bodies carry unresolved somatic and energetic imprints from our pre- and perinatal experience and that these 'incomplete experiences' may have a powerful impact upon our lives. In Grof's view, many of the conditions that psychiatry has traditionally identified as pathological are, in fact, manifestations of unresolved impulses that originated in birth-related trauma.

A further realm on Grof's map of consciousness is that which transcends individual identity: the transpersonal. He found that the intense somatic experiences of biographical memory and birth seem to create a transparency, or a portal, into the transpersonal. The hero's journey as it is felt in the birth sequence may also be encountered literally as a hero's journey in the archetypal realm. It may be experienced as battles with monsters, or as meetings with angels and deities. It could be identification with the natural world and the feeling of being an animal, or a bird, or the planet herself. Within the context of the transpersonal, we may gain immediate understanding of the suffering of humanity or of the archetypal quality of love. There may be an experience of visionary lucidity, or a profound sense of peace, unity, or enlightened bliss.

The risk with any map is that it can be confused with the actual territory. Presenting Grof's cartography in this way may make it appear linear to those who are on a path of self-discovery. There may be a tendency to think it necessary to engage with biographical material, followed by the perinatal, and only then is it possible to encounter the transpersonal. However, observation and experience reveal the territory to be an interpenetrating, multi-dimensional matrix of experience through which we swim freely. Holotropic states open us to all these dimensions, often simultaneously. We may bring our focus to a singular aspect of experience, or there may be a dynamic interplay between these realms: shifting between what is in the foreground, and what is in the background of awareness. As facilitators of holotropic breathwork, we find that Grof's map of consciousness is a useful resource to help breathwork participants to deepen their understanding and integration of holotropic sessions.

Grof's holotropic breathwork

Holotropic breathwork is a practice that offers language, method and structure through which to experience expanded, or non-ordinary, states of consciousness.

This work is typically done in a group setting, and there are a variety of different formats in which workshops can be offered ranging from one-day events in which each participant has just one breathing session to longer workshops in which there are more breathing sessions, as well as time to bring a stronger focus on integration.

The underlying principle of Grof's breathwork is the creation of conditions in which our innate wisdom, or inner healing intelligence can organically and instinctively move us in the direction of wholeness. This principle holds that all participants have within them the capacity for self healing, and the knowledge and wisdom for this healing is uniquely personal. For this reason, the practice of holotropic breathwork is non-directive, emphasizing support rather than guidance.

There are some fundamental principles that must be considered with this form of breathwork, as a methodology:

- It always involves preparation, session, and integration.
- The work is underpinned by the creation of a safe set and setting in which the inner work can happen.
- It is an emergent rather than a directive process – each person will engage with their unique experience in their own way.

The preparation for the breathwork starts when people first sign up to have the experience and, as facilitators, we begin to make connections with the participants. Then, at the

beginning of the workshop, there is an intentional and structured preparation talk, usually a minimum of one hour, to introduce the practicalities as well as the kinds of experiences people may have during a session.

In order for a breathwork session to be considered a holotropic breathwork session, according to the Grofs, the session must be a minimum of two hours in length. The Grofs did not identify a maximum length for a session but, drawing from experience, the consensus among facilitators is that sessions should run, on average, between two-and-a-half and three hours.

Participants pair up for the sessions: one partner, the breather, lies down on a mat, usually with an eyeshade on so that she can be internal with the process, and the other partner, the sitter, remains beside the breather to hold the space. The partners then exchange their roles for the next session, alternating the breathing and sitting. There is always a minimum of two facilitators holding the group, with the number of facilitators increasing in ratio to the number of participants.

With the breather lying on the mat, the sitter beside the breather, and the facilitators in the room, one of the facilitators will lead a guided visualisation, inviting relaxation and awareness of breath and body. This supports the breathers to let go of the outside world and to take their focus inside. Towards the end of the relaxation, the facilitator will say something like, "In a moment the music will begin and we wish you a good journey." At this point a carefully created music set is started and runs for the intended length of the session.

The music for holotropic breathwork is crafted in a particular way with a specific trajectory. The first third of the music has a rhythmic intensity to it, supporting the breather in taking full, deep breaths. The intention for the music at this stage is to encourage effective breathing. It is an invitation, the call to adventure.

The next section of the music has emotional intensity and 'epic' quality. It is evocative music and, even though in the background, it can invite the breather into a whole spectrum of emotions and experiences.

The final hour of music evokes a homecoming. The music is gentle, relaxing, and meditative. The sense is that the participant is washing back up on the shore at the end of a really deep dive into the ocean of their consciousness. The arc of the whole music set, therefore, is of building up into a peak experience during the first two thirds of the session and then back down again in the last third.

When Grof talks about how to do the breathing in a session, he is emphatic that there is not any specific technique. His guidance is often to: 'find your own rhythm'. The invitation is simply to breathe more fully and more deeply than usual. There may be the suggestion to connect the in and out breaths during the beginning of the session in order to support the breathing process, but the participants are encouraged to find their own way with the breathing over the course of the session. It is the combination of the safe set and setting, the focused breathing, and the powerful music that enables the breather to enter into an expanded state of consciousness.

Essential to holotropic breathwork, and to many forms of work with non-ordinary states of consciousness, is an understanding of what the roles of sitting and facilitating bring to the experience. A vital aspect of both these roles is presence: sitter presence and facilitator presence.

By presence, we mean *being* with the person who is having the experience. As facilitators or sitters, we are not the 'doers'. In fact, this is a practice of NOT doing. We are there to be with the participant in her experience, to witness it, to support her to have the fullness of the experience that her inner healing mechanism, her innate wisdom, is bringing her. We accompany the participant, not intruding upon, or directing her experience in any way, simply and wholeheartedly available to give support. The role is that of a compassionate witness,

bringing presence, patience, and love, and putting any agenda of our own onto the back burner. We simply bring ourselves mind, body and soul into a place in which we are absolutely there for the experience of the participant for the whole session.

Holotropic breathwork, as a methodology, is an excellent example of an integrative learning cycle: inviting deep experience and bringing various reflective processes and support for participants in making meaning out of their experience. Immediately after the end of the breathwork session we encourage participants to create visual mandalas, as well as writing, journaling, and talking with each other about their journeys. At the end of the day, the whole group, or subsets of the group, meet for sharing. As in ancient human tradition, participants sit together and hear the stories of the day in order to understand more about what they have learned, and how they have been changed by the experience.

Finally, as a practice, whether you are a therapist, or involved in research, if you are a human being who cares about other human beings and the world around you, Grof's holotropic breathwork is a powerful practice through which to learn how to be fully present with each other, with oneself, and with the huge range of human experiences.

References

- Grof C, Grof S. Holotropic breathwork. Albany: State University of New York Press; 2010.
- Grof S. Psychology of the future. Albany: State University of New York Press; 2000.