



**GROF**  
LEGACY TRAINING



**Brigitte Grof**  
Germany

**Brigitte Grof**, is a Dipl. Psychologist, licensed psychotherapist, and artist with over 30 years of experience in Holotropic Breathwork and Holotropic States of Consciousness. In 1986 she was trained at the Esalen Institute in California and got certified in the first training groups in USA and Switzerland. From the beginning of the Grof Training she has been teaching training modules in USA, France, and in Germany (with Dr. Sylvester Walch) and was leading a 3-year Holotropic Breathwork training group with Dr. Ingo Jahrsetz. Since 2004 she developed and has been teaching her own method of individual therapy combining breathing and bodywork based on holotropic principles. Currently she works in her private practice in Wiesbaden, Germany, and offers Holotropic Breathwork workshops and retreats.

Her artwork is inspired by her own experiences of non-ordinary states of consciousness and by shamanic art of native cultures. In 2017 her book "*The True King*," a spiritual fairy tale with her narrative and illustrations has been published in English.

Since April 2016, Stan and Brigitte Grof are happily married; they live together in Germany and California and travel in the inner and outer worlds in tandem. In the last years they conducted Holotropic Breathwork workshops and seminars in

China, Chile, Ecuador, USA, Sweden, France, Argentina and Peru, Switzerland and at the Esalen Institute, California, USA. In May 2020 they launched their new training in working with Holotropic States of Consciousness, the international Grof® Legacy Training.

Her website is: [www.brigittegrof.com](http://www.brigittegrof.com)