



GROF® LEGACY TRAINING



**CERTIFICATION
PROGRAM IN
TRANSPERSONAL
PSYCHOLOGY AND
GROF® BREATHWORK**

Table of Contents

1. About the program3

2. An Overview6

 A. Online Modules..... 6

 B. Residential Modules..... 7

 C. Grof® Breathwork

 Workshops..... 7

 D. Individual Consultation 8

 E. Practical Work:..... 9

 F. Student Mentors:..... 9

 G. Online Courses with specialists 9

 H. Floating..... 9

 I. The last step is the completion of the Final Certification Module..... 10

 Hours per activity..... 11

3. Contents per module11

 First Module. Grofian Transpersonal Psychology & Psychopathology - ONLINE..... 11

 Second Module: Holotropic Body Work - RESIDENTIAL..... 13

 Third Module: Spiritual Emergence & Emergency - ONLINE..... 15

 Fourth Module: Archetypal Psychology - ONLINE..... 17

 Fifth Module: Music for Holotropic Therapy – RESIDENTIAL 19

 Sixth Module: The Facilitator Adventure - ONLINE..... 20

 Seventh Module: Roots of Violence and Human Ambition - RESIDENTIAL 22

4. Team24

5. Online Courses with specialists and expert talks.....25

6. Calendar with the main activities.....25

 Year 1: October 2026 – September 2027..... 25

 Year 2: October 2027 – August 2028..... 26

 Last Half year : September 2028 – March 2029..... 27

7. Who is the program for?27

8. Benefits of Attending the Grof® Legacy Training.....28

9. Students Commitments and Ethical Agreements:.....29

10. APPLICATION PROCESS.....31

 Payment and Withdrawal Policies 32

OVERVIEW

The **Certification Program in Transpersonal Psychology and Grof® Breathwork** is an in-depth **two-and-a-half-year professional training** that combines rigorous theoretical study, powerful experiential work, and supervised practical development. It has been carefully designed for individuals seeking an authentic, structured, and comprehensive path into **Grof® Breathwork** and **Grofian Transpersonal Psychology**, regardless of their professional background.

This training is open to anyone with genuine interest, commitment, and a calling to work with holotropic states of consciousness. **A clinical degree is *not* required.** Many students come from psychology, therapy, coaching, bodywork, spiritual practice, or personal development fields, but the program also welcomes individuals seeking deep personal transformation and the skills to support others.

Ideal applicants include individuals who:

- Feel called to explore the transformative potential of Holotropic states.
- Are committed to deep personal growth and inner work.
- Wish to learn a powerful therapeutic method grounded in Transpersonal Psychology and modern consciousness research.
- Intend to accompany others professionally through expanded states of consciousness within an ethical and well-structured training framework.

In essence, the program welcomes participants with authenticity, openness, commitment, and a heartfelt desire to support others in processes of healing, transformation, and self-exploration.

At the end of the program, the students will receive:

- **Certification as an International Facilitator of Grof® Breathwork** granted by **Grof® Legacy Training**
- **Diploma in Grofian Transpersonal Psychology**, granted by **Formación Transpersonal Grof**

For further inquiries, please contact us through any of the following channels:

- Email: info@respiracionholotropica.com
- WhatsApp +56966510088 (Noelia)
- Phone Call 00351 933286684 (Ana)

1. About the program

In 1975, at the Esalen Institute, Stanislav and Christina Grof developed a revolutionary approach to self-exploration and psychotherapy based on the therapeutic effects of holotropic states of consciousness. Grofian Transpersonal Psychology works as a method with holotropic therapy, the fruit of decades of modern consciousness research. This method can be performed with holotropic breathwork (Grof® Breathwork) and with psychedelics (Grofian Psychedelic Therapy).

Since 2008, Formación Transpersonal Grof Latin America, Grof® Legacy Training Latin America - Spain, has been the authorized representative of the Grofs to teach the International Training and Certification Program in Transpersonal Psychology and Holotropic Breathwork (Grof® Breathwork). This program was revised, expanded, and further developed by Dr. Stanislav Grof and Brigitte Grof in 2020.

In this training, participants will develop theoretical and practical knowledge and skills that are the result of more than 60 years of clinical and scientific research on holotropic states of consciousness.

Grofian Transpersonal Psychology allows us to understand with great lucidity and detail the deep territories of the human unconscious and the complex psychodynamics of holotropic states.

It enables safe therapeutic work in expanded states of consciousness at their fullest, minimizing potential risks.

Emerging from pioneering psychiatric clinical research conducted in Europe and the US, modern consciousness research covers and integrates decades of psychedelic research and clinical experience.

It offers everything you need to follow the different dimensions of the holotropic process in an informed and coherent manner.

"Stanislav Grof's work is the most important contribution to personality theory in many decades."

Abraham Maslow

It carefully considers the entire procedure from the identification of the main contraindications to a comprehensive theoretical preparation of the process and the establishment of the ideal context (Set and Setting) required.

It also covers all crucial ethical and practical aspects, as well as ideal music and different therapeutic interventions.

When necessary, specific targeted bodywork interventions are performed, effectively releasing psychological, emotional, and somatic tensions that may not have been resolved during the session.

Various practical experiential methods will also be used to enhance the therapist's self-discovery process and to integrate, deepen, and ground the therapeutic process between holotropic sessions.

HOLOTROPIC

The term holotropic literally means *"Moving towards wholeness"*. *These states have a great healing, transformative, heuristic and even evolutionary potential.*

Holotropic states were identified in clinical research conducted by Dr. Stanislav Grof MD, PhD.

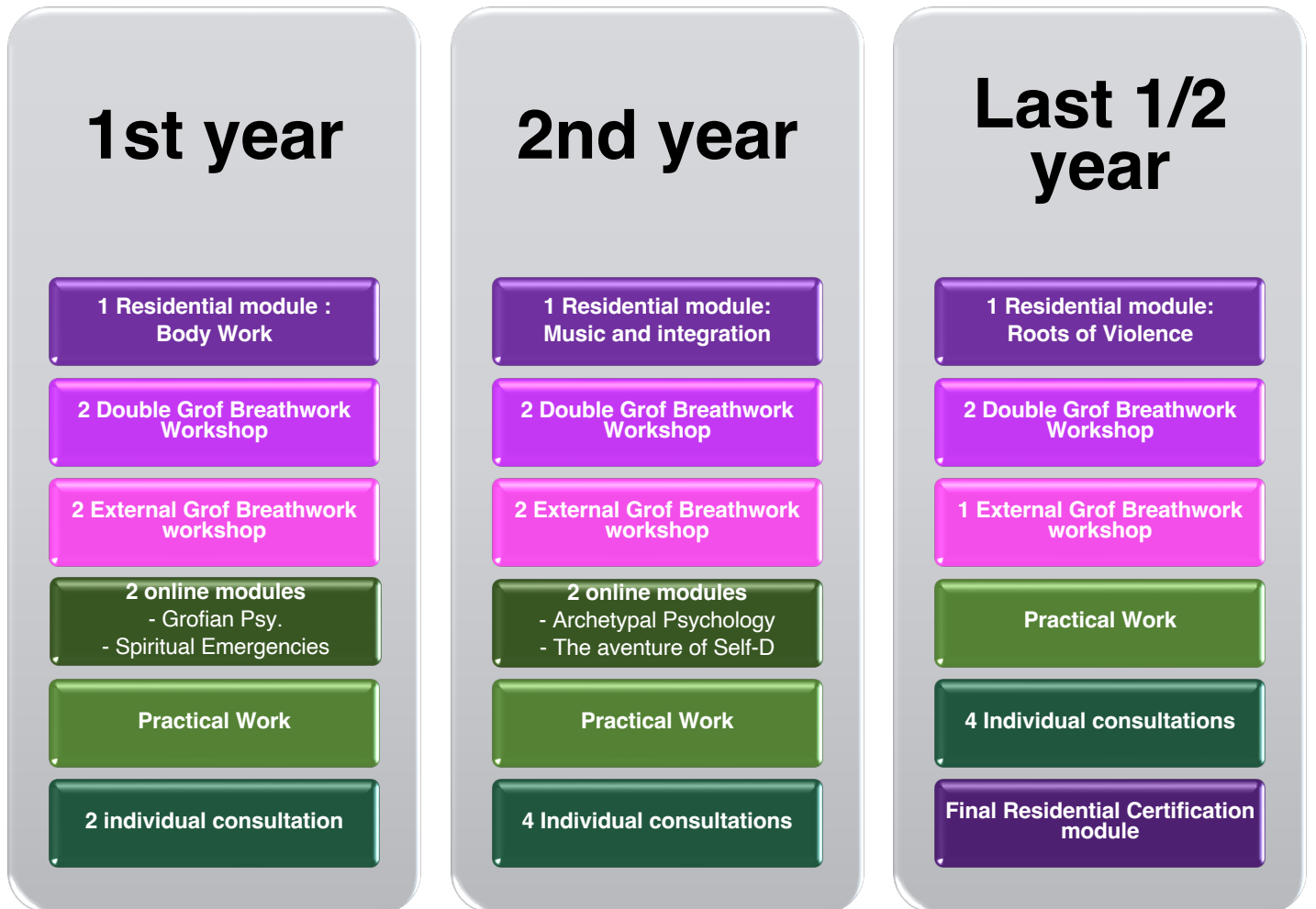
The application of holotropic states to psychotherapy and deep self-exploration opens up unique opportunities for both the understanding and method of contemporary psychology and experiential access to personal spirituality.

In over 20 books and 160 scientific articles supporting this approach, Stanislav Grof, M.D., PhD, recontextualizes emotional symptoms and psychopathology based on rigorous scientific research with psychedelics. He offers a remarkable therapeutic method and a process that enhances the natural holotropic movement toward transpersonal development, while also considering its social and ecological implications.

We will also address practical, crucial, effective, and informed support for people experiencing the unfolding of their spirituality, and in particular, for working with powerful psychospiritual crises (spiritual emergencies).

Your profound personal process of self-exploration and healing, along with the guidance of many others in holotropic states, will deepen and enrich your personal and therapeutic journey in a unique way. This will be of utmost importance when supporting clients, providing them with a deep trust based on real personal knowledge and experience.

2. An Overview



A. Online Modules

The online modules span a total duration of 10 weeks. Every other week, we will meet via Zoom, providing you with the opportunity to ask the instructors questions regarding the material covered. New content will be released biweekly and will include videos, reading materials, review questions, and optional in-depth resources. You are encouraged to study the material at your

own pace and according to your own schedule, ensuring that you are well-prepared with questions for the next live session.

B. Residential Modules

Each residential module lasts 9 days and 8 nights. It includes theoretical classes, structured experiential exercises focused on the personal and professional development of the therapist, Grof® Breathwork sessions in the role of sitter, and Grof® Breathwork sessions as an experiential participant.

Accommodation, meals, and training materials are included in the program fee.

Residential activities will take place in Portugal, near Lisbon.

C. Grof® Breathwork Workshops

All of our facilitators undergo a profound path of individual transformation, enabling them to guide others with a wealth of theoretical, practical, and experiential knowledge.

Participation in at least sixteen (16) Grof® Breathwork **sessions**, conducted within group **workshops**, is required

- 11 sessions are included in the program
- The remaining 5 sessions may be completed independently, in any group workshop with a certified facilitator and place of the world of the participant's choice. **These 5 external sessions are the only item not included in the program cost, in order to provide maximum flexibility.**

Additionally, participants must attend the theoretical talk in at least 10 of the 16 sessions.

Accommodation, meals, and training materials are included in the program fee.

Residential activities will take place in Portugal, near Lisbon.

D. Individual Consultation

In these meetings with the trainers, you will have the possibility of accompanying, deepening, and sharing your process, of reviewing theoretical and practical issues and get help and guidance in working with your music sets.

Ten hours of individual consultations with certified GB facilitators are required throughout your training. These will be arranged directly by you and the facilitator of your choice.

- 6 need to be carried out with Staff facilitators
 - Javier Charme
 - Viktoria Luchetti
 - Paula Guzmán
 - Amy Burrell
 - Jean Paul Dufour
 - Carme Monegal (Spanish)
 - Noelia Cubillos (Spanish).
- 4 need to be done with
 - Javier Charme
 - Paula Guzmán
 - or Jean Paul Dufour

for the correction of the Music Set. This is after the "Music and Integration" module.

These sessions can be online or in person.

The objectives of these tutorials are: Offer personal guidance in training, support, and feedback regarding progress, questions related to technique, theory, or the personal process.

E. Practical Work:

During the two and a half years of training, between the modules, there will be study groups and online group activities to delve into different content. We will have time to share talks, receive courses, Q&A and conversations with world experts, together with practical activities for sharing and integration.

Most of these online sessions, like the modules, **are scheduled** for Tuesdays at 20:00 (Lisbon time / GMT+0)

F. Student Mentors:

Students will have personalized support during the three years, with a specific mentor assigned to them, they will be able to continually review their progress, clarify doubts and review the material worked on.

G. Online Courses with specialists

In addition to the practical online work, we will have the presence of outstanding professors and world experts who will give talks or specific courses on central topics within the field of Transpersonal Psychology.

H. Floating (practice sessions)

During the training you will be required to complete four (4) Floating practice sessions. This means you will accompany your trainers as a helper or “Floater” during a Grof® Breathwork session. Each practice consists of assisting in the preparation and facilitation of a guided and supervised group during a one-day workshop (including workshop setup, theoretical discussion, and integration of the experience), and you will receive feedback.

Floating practice sessions may only be undertaken after completing the Bodywork module.

Of the 4 Floating sessions:

- 1 must be completed in one of the Workshops that are part of the program offering.
- The remaining 3 sessions may be completed with any Staff facilitator:
 - Javier Charne
 - Viktoria Luchetti
 - Paula Guzmán
 - Amy Burrell
 - Jean Paul Dufour
 - Carme Monegal (Spanish)
 - Noelia Cubillos (Spanish)

I. The last step is the completion of the Final Certification Module

In this module we will put into actual practice all that has been learned. We will review important aspects of the work and you will have different opportunities for integrating and sharing the profound process experienced throughout the program.

This module is in person and lasts 11 days.

It is exclusively for those who have completed the full training process in Transpersonal Psychology and Holotropic Breathwork, and allows them to obtain:

- Certification in Transpersonal Psychology and as an International Facilitator of Holotropic Breathwork (Grof® Breathwork) awarded by Grof® Legacy Training
- Diploma in Grofian Transpersonal Psychology, awarded by the Grof Transpersonal Training Latin America

Hours per activity

| Activity | Hours per activity | Times the activity is repeated | Total hours to be performed throughout the training |
|--------------------------|---------------------------|--------------------------------|---|
| Online Modules | 30 | 4 | 120 |
| Residential Modules | 66 (9 days 8 nights) | 3 | 198 |
| Workshops | 20 (3 days 2 nights) | 3 | 60 |
| Individual consultation | 1 | 10 | 10 |
| Practical Work | 20 per year | Yearly | 60 |
| External Workshops | 12 | 5 | 60 |
| Certification Module | 80 (11 days 10 nights) | 1 | 80 |
| Final Total Hours | | | 588 |

3. Contents per module

First Module. Grofian Transpersonal Psychology & Psychopathology - ONLINE

This module explains the contribution of Stanislav Grof, qualified as

"The most significant in the recent history of depth psychology, and indeed the most important advance in this complete field, since Freud and Jung"

Richard Tarnas PhD.

Dr. Grof's 60 years of research have opened up a new understanding of the unconscious and its dynamics, psychopathologies, and the origins of psychogenic symptoms, allowing for new insights into the healing processes and therapeutic application of expanded states of consciousness.

Dr. Stanislav Grof has been one of the earliest and most renowned pioneers of these realms, through his decades of legal and scientific research into the therapeutic use of psychedelics and his groundbreaking understanding of non-ordinary states, based on experiential forms of psychotherapy and his extensive studies of art, shamanism, and mythology.

From Stan's work, a new "cartography" of the human psyche has emerged, which adds to the biographical unconscious the relevance of gestation and birth experiences, introducing us to the transpersonal realms commonly explored by shamans and healers. Stan's research led him to co-found Transpersonal Psychology.

By exploring these realms, you will gain a deeper appreciation for your capacity for growth, a broader vision for your own life, and an expanded toolbox for clearing old traumas from your body and mind.

This perspective frees you from your limiting feelings and ideas about who you are and what you think you are capable of being and achieving.

Some topics to be addressed in Grofian Transpersonal Psychology & Psychopathology

The expanded Cartography of the Human Psyche

You will have a unique opportunity to explore this revolutionary paradigm and its implications for your own therapeutic process and your work with others. We will explore the imprints left by life, birth, and gestation, and even the transpersonal collective unconscious. By opening yourself to the deepest dimensions of your psyche, you will discover a new world of understanding, from seeing how your body holds energy linked to physical trauma, to appreciating how your birth

experience provides a "template" for how you navigate your difficulties, to opening yourself to profound transpersonal guidance for your daily life.

Systems of Condensed Experience (COEX)

You'll understand how these constellations of multidimensional memories from different moments in life and beyond work. You'll learn how they color and modify our everyday perceptions and experiences.

Psychopathology

You will gain a novel and practical understanding of emotional problems and effective forms of therapy, allowing you to develop a deep trust in the body's self-healing intelligence, unleashed through holotropic processes.

Second Module: Holotropic Body Work - RESIDENTIAL

In holotropic states, the intensification of tension and the resulting relaxation tends to spread from one part of the body to another in a way that varies from person to person. The amount of muscular tension and associated intense emotions tends to decrease over the course of the sessions.

Holotropic Breathwork alters the body's chemistry in such a way that blocked physical and emotional energies associated with various traumatic memories are released and made available for peripheral processing and discharge. This allows the previously repressed content of these memories to surface into consciousness and be integrated. This is a healing process that we aim to encourage and support, not a pathological process that must be repressed, as is typically the case in conventional medicine.

This module teaches bodywork in transpersonal therapy with expanded states of consciousness, the psychodynamic understandings that guide it, and the precise way it is used in Holotropic Therapy, applying different techniques when necessary.

In holotropic states, the process takes us from the psyche to the somatic, and also allows us to effectively work through unresolved bodily situations and achieve a more complete and grounded emotional integration. Effective bodywork ensures optimal closure of the holotropic experience.

Some topics to be addressed in The Holotropic Body Work Module

Practice

Through an interactive, hands-on approach, participants will learn and apply various interventions and specific techniques that have proven to be highly useful over time. This will allow you to acquire practical and effective tools to help breathers achieve better session closure when necessary.

Insight

The body and mind represent an indivisible unity. The somatic dimension is a fundamental aspect of Holotropic Therapy. You will learn how the profound psychodynamic insights of Grofian Transpersonal Psychology and modern consciousness research inform and guide the use of specific liberatory bodywork.

Method

Through classes, live demonstrations, and experiential practices, you will understand the concepts behind bodywork and recognize when and how to use it in an ethical, informed, and responsible manner.

Third Module: Spiritual Emergence & Emergency: Understanding and Treatment of Psychospiritual Crisis - ONLINE

Western science has been dominated by monistic materialism, which leaves no room for any kind of spirituality. Modern psychiatry has no category resembling "spiritual experience" or "mystical experience"; all such experiences are viewed as manifestations of serious mental illness or "psychosis." This is an unfortunate error caused by a superficial and inadequate model of the psyche used by academic psychiatry. This model fails to recognize the perinatal and transpersonal domains as legitimate dimensions of the human psyche, and views experiences originating there as products of an unknown pathological process.

Modern consciousness research has demonstrated that, properly understood and supported, spontaneous episodes of Holotropic states can be healing, transformative, and evolutionary. They serve as an invaluable source of paradigm-shattering information about consciousness, the human psyche, and even the nature of reality.

Stan and his late wife, Christina, coined the term "Spiritual Emergency" for episodes of Holotropic states of consciousness that are so intense that they interfere with the ability to function adequately in everyday life. They describe the triggers for these episodes; characteristics that differentiate them from psychotic episodes; their most important forms; and ways to support them that amplify their therapeutic and transformative potential.

Proper management of these episodes benefits not only the individuals involved, but also society as a whole, since the successful completion and integration of spiritual emergencies typically leads to a new worldview, hierarchy of values, and life strategy that would increase humanity's chances of survival.

"In modern societies spiritual values have been widely ignored and replaced by materialistic considerations. It is now increasingly clear that the yearning for transcendence and the need for internal development are fundamental and normal aspects of human nature "

Stanislav Grof

Some topics to be addressed in the Spiritual Emergencies Module

Emergence and Emergence of Spirituality

You'll discover a broad view of the essence of the spiritual awakening process, in light of clinical research. It examines the different types, their differential diagnosis versus psychosis, initial interactions, and what to do specifically to appropriately support someone in this situation, thus promoting a positive resolution.

Psychospiritual Crises

Understanding the relevant topic of psychospiritual crises will give you a new perspective on complex and recurring problems such as alcoholism and drug addiction, allowing you to gain a deeper understanding and a novel practical approach to supporting those who experience them.

Therapeutic Potential

You will discover that an important subcategory of non-ordinary states, currently misdiagnosed as psychosis, are actually crises of spiritual breakthrough that possess great transformative and therapeutic potential.

Categories

You will understand the most important types of Spiritual Emergencies, their histories and their characteristic phenomenology.

Relevance

You will understand how the proper treatment of these crises can have very positive individual and collective implications.

Fourth Module: Archetypal Psychology - ONLINE

"Our psyche is established according to the structure of the universe, and what happens in the macrocosm similarly occurs in the infinitesimal and most subjective extensions of the psyche."

C. Gustav Jung

You will discover how archetypal astrology is founded on the principle that planetary archetypes have a fundamental, cosmic basis that influences human existence. Each planet corresponds to an archetypal dimension of consciousness—a particular pattern that moves reality in a specific direction.

You will have a unique opportunity to explore this new paradigm and its implications.

One of the most fascinating discoveries of modern consciousness research is that Archetypal Astrology can provide a dynamic meta-framework that allows us to contextualize and better understand psychological crises and spiritual emergencies, and even to schedule the most optimal times for holotropic sessions.

This perspective invites us to reflect on how planetary cycles can mirror our personal and collective growth. By learning to interpret these cosmic influences, we can find a map that guides us on the journey of self-discovery and transformation.

Moreover, the study of archetypal astrology allows us to see the deep connection between the individual and the universe, revealing how cosmic forces can manifest in our personalities,

behaviors, dreams, and aspirations. This understanding can lead us to a greater level of self awareness.

Some topics that will be addressed in Archetypal Psychology

Archetypal Dynamics

You will understand the archetypal dynamics of human experience and non-ordinary states of consciousness. We will recount the clinical effort to find a reliable way to predict the nature and outcome of psychedelic sessions and how it resulted in an unexpected discovery, in which both the synchronicity and character of psychedelic states, as well as other non-ordinary states of consciousness, are consistently found to correlate with specific planetary alignments in relation to the individual's natal chart.

Psychology and Astrology

You will learn how the discovery of condensed experience systems (COEX) and basic perinatal matrices (BPM) form a conceptual bridge between psychology and archetypal astrology.

Archetypal Symbolism of the BPMs

We will discuss the archetypal symbolism of the Basic Perinatal Matrices (BPM), the experiential patterns associated with the reliving of the four stages of labor, and their connections to anatomy, birth physiology, and archetypal dynamics.

Transits

We will explore how astrology enables a better understanding of one's own life: its cycles, its ups and downs, its crises and breakthroughs, its periods of great change and transformation, through the study of planetary transits.

Fifth Module: Music for Holotropic Therapy – RESIDENTIAL

"Carefully selected music serves important functions in holotropic states of consciousness. It mobilizes emotions associated with repressed memories, brings them to the surface, and facilitates their expression. It helps open the door to the unconscious, intensifies and deepens the healing process, and provides a meaningful context for the experience. The continuous flow of music creates a guiding wave that helps the individual move through difficult impasses, overcome psychological defenses, surrender, and let go."

Stanislav Grof

In Holotropic Breathwork, the consciousness-enhancing effect of breathing is enhanced through the use of evocative music.

Many pre-industrial cultures have developed percussion rhythms that in experiments carried out in Western laboratories have demonstrable effects on the electrical activity of the brain.

The archives of cultural anthropologists contain numerous examples of extraordinarily powerful trance-inducing methods that combine music, percussion, human voices, and body movement. Like breathwork, instrumental music and other forms of sound technology—droning percussion, vibrations, and chanting—have been used for centuries, even millennia, as primary tools in shamanic practice, healing rituals, and rites of passage in many parts of the world.

Some topics to be addressed in Music

Structure

You will learn and understand how to apply the structure of music in its various phases, which facilitates and uniquely characterizes Holotropic Breathwork. This will give you the opportunity to begin creating your own music set for your future Holotropic therapy sessions.

Theory

You will learn the theory that underpins the application of music in holotropic therapy, with detailed explanations and examples about the structure of each of the sections, so that you can improve your listening and musical sensitivity.

History

You will understand the transcultural use of music and the various sound technologies to induce and sustain holotropic states used over time.

Sound

You will know the technical requirements necessary to assemble a sound equipment with the optimal power and high fidelity for this work.

Sixth Module: The Facilitator Adventure - ONLINE

In Holotropic Breathwork, the guiding principle is the breather's inner healing intelligence, and the facilitator's role is to support the spontaneously unfolding process. The ability to trust the psyche's self-healing potential and to abstain from judgment of any kind is one of the most important requirements for productive and successful work with Holotropic states of consciousness

Stanislav Grof

Holotropic therapy offers significant practical and economic advantages. It allows us to reach the roots of emotional and psychosomatic problems at levels unavailable through verbal therapy. These states accelerate and deepen access to unconscious material. This makes it possible to work through and process the physical traumas that underlie various emotional and psychosomatic disorders, which usually allows for profound healing of symptoms at the causal level.

This module provides a broad overview of the Holotropic Breathwork (Grof® Breathwork) process, explains the facilitator's role, and covers all key topics related to this powerful form of self-exploration and psychotherapy.

Working with the exquisite therapeutic power of holotropic states requires a defined and precise set-up. In Holotropic Therapy, we have a widely proven one, derived from Stan Grof's many decades of clinical research.

Some topics to be addressed in The Facilitator Adventure

Introductory Talk

You'll learn how to give a comprehensive theoretical introduction, preparing and informing participants about everything they need to know so that the holotropic experience is powerful, effective, and safe.

Medical Forms

Learn how crucial is the implementation of the medical forms and the utter importance of screening all contraindications in a skillful and informed manner. This will avoid many potential physical and emotional problems, keeping you and your client out of trouble and making your work safe, useful, and rewarding.

Relaxation

You will learn an effective model for relaxing before starting the experience.

Mandalas

You will understand the historical development of mandalas, their use in different cultures and in psychology, and how they are an important part of the integration of the holotropic process.

Sharing

You will learn the keys to group integration work in sharing sessions and the unique role of the facilitator.

Seventh Module: Roots of Violence and Human Ambition - RESIDENTIAL

The significance of LSD psychotherapy insights, experiential therapeutic approaches, self-exploration, and various forms of spiritual practices transcend the narrow conceptual limitations of psychiatry, psychology, and psychotherapy.

"We seem to be in a race against time unprecedented in human history. What is at stake is, no less, the future of life on the planet. If we continue to maintain old strategies, which are clearly self-destructive, the survival of human life will be unlikely. However, if an inner transformation occurs in a sufficient number of people, we may reach a level of evolution of consciousness that does justice to the name we have given our species: 'Homo sapiens.'"

Stanislav Grof

The significance of LSD psychotherapy insights, experiential therapeutic approaches, self-exploration, and various forms of spiritual practices transcend the narrow conceptual limitations of psychiatry, psychology, and psychotherapy.

Many of the new discoveries relate to phenomena of fundamental importance, potentially relevant to the future of the human race and life on the planet. They offer a new understanding of the forces that influence history, contribute to the dynamics of sociopolitical movements, and contribute to the creative achievements of the human spirit in art, philosophy, and science.

Since time immemorial, violence and aggression have been among the most important forces driving history. Due to technological progress and exponential population growth in the 20th century, they have become a threat to the survival of life on the planet. It has become imperative to gain a deeper understanding of the roots of these forces in the human psyche and find ways to reduce their impact on the world.

This material helps us understand many obscure chapters in the history of religion, facilitating a clear distinction between authentic mysticism or true spirituality, on the one hand, and the mainstream religions and established churches, on the other.

Some topics that will be addressed in Roots of Violence and Human Ambition

Politics, Advertising, and Symbolism

Through this module, you will connect the dots between the striking similarities in the symbolism of posters and propaganda for wars, revolutions, and other types of sociopolitical crises and the visions that accompany the reliving of birth, death, and rebirth experiences. These observations strongly suggest that the perinatal and transpersonal levels of the unconscious are the source of malignant violence and insatiable ambition in the human psyche.

Self-Healing

Explores the potential of Holotropic states to alleviate the influence of dangerous forces on the human psyche, which are largely responsible for the current global crisis and threaten planetary survival.

New Understandings

You will explore observations from research into Holotropic states of consciousness that offer new insights into unquenchable ambition and extreme forms of violence and social pathology, such as wars, bloody revolutions, terrorism, suicide bombers, concentration camps, and genocide.

Ecology

We will discuss various current understandings and concrete practices to minimize our planetary damage, fostering a conscious and loving relationship with our environment and all its riches.

4. Team

Many leading scholars with extensive experience and international recognition, psychiatrists, psychologists, and therapists, will be participating in the program. Below is a list of most of our teachers, while other scholars and teachers are to be determined.

To learn more about the team, go to the following link: <https://respiracionholotropica.com/team/>

- Stanislav Grof M.D. PhD. Creator of Method - Teacher, Psychiatric & therapeutic Consultant (Pre-recorded classes)
- Javier Charme M.A. PhD (c) : Director, Teacher and Trainer
- Paula Guzmán M.A.: Co-Director Teacher and Trainer
- Viktoria Luchetti Teacher and Trainer
- Yohan Poissonneau: Student Coordinator
- David Lukoff : Teacher
- Becca Tarnas: Teacher
- Jorge Ferrer: Teacher
- Ana Corbalán – Mentor
- Juanita Canela Mentor
- Brenda Díaz – Mentor
- David Monroy Mentor
- Amy Burrell Staff Facilitator

- Jean Paul Dufour Staff Facilitator
- Carme Monegal Staff Facilitator
- Noelia Cubillos Staff Facilitator

5. Online Courses with specialists and expert talks

In addition to the practical sessions and the seven core modules, we will have the presence of outstanding professors and world experts who will give talks or specific courses on central topics within the field of Transpersonal Psychology. Just like the other online activities, these online courses will take place on Tuesdays at 20:00 (Lisbon, Portugal time).

6. Calendar with the main activities

(Once you are enrolled in the program, you will receive a fully detailed calendar with all the activities that will take place throughout the program.)

Year 1: October 2026 – September 2027

| START DATE | ACTIVITY | DESCRIPTION | FORMAT |
|---------------------------|---|--|--|
| October 27, 2026 | Opening | Welcome and introduction to the program | Online |
| November 10, 2026 | Start of 1st Online module | Start of the first online module | Online - Theoretical |
| March 27 – April 04, 2027 | 1st residential module | Bodywork | Residential Experiential and Theoretical |
| May 25, 2027 | Start of 2nd Online module | Spiritual Emergence & Emergency | Online - Theoretical |
| August 06 – 07 - 08 | 1st Grof® Breathwork Workshop | Grof® Breathwork | Residential Experiential - |
| Transversal to year 1 | Practical work sessions are scheduled approximately every other Tuesday at 8:00 p.m. (Lisbon time / | Preparation meetings, integration, studies, etc. | Online Theoretical |

| | | | |
|--|---|--------------------------------------|-------------------------------|
| | GMT+0), and include preparation, study groups, integration meetings, and topic-specific discussions | | |
| To be scheduled with therapists | Individual Consultation | 2 or 3 Sessions one-to-one | Online |
| | Grof® Breathwork | 2 external Grof® Breathwork sessions | Experiential Grof® Breathwork |

Year 2: October 2027 – September 2028

| START DATE | ACTIVITY | DESCRIPTION | FORMAT |
|-------------------------------------|---|--|--|
| November 05 – 06 – 07 / 2027 | 2nd Grof® Breathwork Workshop | Grof® Breathwork | Residential - Experiential |
| November 16, 2027 | Start of 3rd Online module | Archetypal Psychology | Online - Theoretical |
| March 18 – 26, 2028 | 2nd residential module | Music | Residential - Experiential and Theoretical |
| April 04, 2028 | Start of 4th Online module | The Facilitator Adventure | Online - Theoretical |
| June 16 – 17 – 18 2028 | 3rd Grof® Breathwork Workshop | Grof® Breathwork | Residential - Experiential |
| September 23 to October 01 | 3rd residential module | Roots of Violence and Human Ambition | Residential - Experiential and Theoretical |
| Transversal to year 2 | Practical work sessions are scheduled approximately every other Tuesday at 8:00 p.m. (Lisbon time / GMT+0), and include preparation, study groups, integration meetings, and topic-specific discussions | Preparation meetings, integration, studies, etc. | Online - Theoretical |
| To be scheduled | Individual Consultation | 2 or 3 Sessions one-to-one | Online |

| | | | |
|------------------------|------------------|--------------------------------------|-------------------------------|
| with therapists | | | |
| | Grof® Breathwork | 2 external Grof® Breathwork sessions | Experiential Grof® Breathwork |

Last Half year : October 2028 – March 2029

| START DATE | ACTIVITY | DESCRIPTION | FORMAT |
|--|---|--|--|
| March 13 - 23, 2029 | Certification | Certification | Residential Experiential and Theoretical |
| Transversal to last year | Practical work sessions are scheduled approximately every other Tuesday at 8:00 p.m. (Lisbon time / GMT+0), and include preparation, study groups, integration meetings, and topic-specific discussions | Preparation meetings, integration, studies, etc. | Online |
| To be scheduled with therapists | Individual Consultation | 2 or 3 Sessions one-to-one | Online |
| | Grof® Breathwork | 1 external Grof® Breathwork sessions | Experiential Grof® Breathwork |
| March 2029 | End of the training | | |

7. Who is the program for?

The program in Grof® Breathwork and Transpersonal Psychology is designed for anyone with a genuine interest in these fields, regardless of their professional background.

Being a therapist or psychologist **is not a requirement.**

It is intended for individuals who:

- Feel called to explore the transformative potential of Holotropic Breathwork.
- Are committed to their own personal growth and inner work.
- Wish to learn a powerful therapeutic method grounded in Transpersonal Psychology and consciousness studies.
- Have the sincere desire to support others professionally on their deep healing and inner exploration with holotropic states.

In essence, the program welcomes anyone with openness, dedication, and a heartfelt interest in expanding their understanding of the human psyche and facilitating meaningful change in themselves and others.

8. Benefits of Attending the Grof® Legacy Training

By participating in this certificate program, you will:

- Have a first-hand direct experience process through Holotropic states of consciousness, guided by world experts in optimal set and setting.
- Be part of a solid international network of students, mentors, and teachers.
- Participate in important professional networks.
- Become an engaged member of the international transpersonal and holotropic community.
- Become an expert in Grofian Transpersonal Psychology and holotropic therapy.
- Develop and expand your therapeutic and clinical abilities in preparing, accompanying, and integrating holotropic experiences.
- Explore and learn through personal experience different integration methods and techniques.

- Be mentored by experienced certified facilitators and therapists.
- Practice different practical methods for developing and nurturing the person and presence of the therapist.
- Understand the essence of the spiritual emergence process and gain the knowledge and ability to accompany and guide effectively people during powerful psychospiritual openings and crises.
- Deepen your knowledge of the origin of emotional symptoms and psychopathology
- Certify to facilitate holotropic therapy with individual and in group sessions.

9. Students Commitments and Ethical Agreements:

Working with holotropic states of consciousness requires a strong commitment to ethics along with ongoing self-reflection and consultation with peers and mentors. While any healing or therapeutic work requires ethical commitment, participants of GROF® Breathwork may be particularly vulnerable. This is because holotropic work involves powerful energies of healing

and transformation as well as the surfacing of unconscious, perinatal, or transpersonal material that may involve past emotional wounding, trauma, or other psychospiritual challenges. In the context of deep experiential work, projection, transference, and countertransference are often heightened.

- A deep commitment to academic study and to engage in continuous personal work.
- Ability to work therapeutically and in groups, being open to feedback.
- Commitment and practical possibility to go through the two-and-a-half-year process, taking the courses, studying, and participating in regular online meetings.
- Maintain confidentiality about peers' experiences.
- Commit to honoring the autonomy and self-determination of all those with whom we work, including honoring the unique inner healing intelligence of participants in holotropic work.

- Agree to prioritize the physical and emotional safety of participants and use your vigilance and constant best efforts to ensure safety for all in all environments in which we work.
- Understand that part of safety is working in a calm and aesthetic environment and commit to creating a safe, calm, and aesthetic setting for our clients' work, as described in the principles of GROF® Breathwork.
- Commit, as therapists in training, to practice GROF® Breathwork only within the limits of our training and capacity, and to practice only under direct supervision of a GLT certified Trainer. Even after your training is completed, commit to working only within the limitations of your training, education, experience, and competence; when appropriate, you will seek consultation or supervision from more experienced or knowledgeable trainers.
- Agree to be open to receiving feedback from others and to giving honest feedback to other practitioners and colleagues in the spirit of ongoing reflection and improvement, especially when we think there may have been mistakes in violation of these ethical agreements.
- Maintain confidences of participants in accordance with law and ethical guidelines of particular professions or jurisdictions, which may include a duty to seek assistance or make reports upon an honest determination that a participant is a safety threat to self or others.
- Supervise any trainees or apprentices in accordance with principles of competence, safety, and ethics.
- If you are involved in research or writing, you will abide by the highest principles of academic integrity, including avoiding plagiarism and always making appropriate citations to the work of others.
- Unlike many other therapeutic practices, GROF® Breathwork frequently involves physical contact with participants. You agree to seek consent prior to physical contact with participants (except when immediately necessary to ensure the safety of the participant, others, or ourselves).
- Sexual contact with participants is never appropriate. You understand that sexual contact with a participant in the context of any GROF® Legacy training or practice is an ethical ground for immediate revocation of authorization to practice or train.

- Understand that dual relationships with participants (for instance, establishing a business relationship, romantic attachment, or financial exchange outside the context of the therapeutic work) raise ethical concerns given the heightened possibility for vulnerability, projection, transference, and countertransference. In addition to actual issues for the participant, there are issues of perception and impact in the healing community. We commit to self-examination and consultation with peers and mentors with respect to issues of dual relationships. We understand the importance of completing a therapeutic encounter or relationship and allowing a reasonable passage of time before the development of other forms of relationship with a participant.
- Agree to provide appropriate referrals to other qualified professionals for participants who desire or may benefit from referrals. You will not receive any compensation for such referrals.
- Commit to ongoing self-reflection involving our own personal and professional development, including seeking professional assistance when appropriate.
- Commit to transparent and honest business practices, including providing fair compensation to assistants in our work or businesses.

10. APPLICATION PROCESS

Applications for the two-and-a-half-year program (October 2026 – March 2029)

The application process has two phases:

- **Phase 1 – Document submission**(<http://www.respiracionholotropica.com/breathwork>)
- **Phase 2 – Admission interview:** If the documents are accepted, applicants proceed to an admission interview with programme faculty. **Admission interview fee: €150** (*non-refundable*)

Inquiries: For any questions regarding the application process, please contact our Enrollment Coordinator at:

- Email: info@respiracionholotropica.com
- WhatsApp: +56966510088

Payment and Withdrawal Policies

Limited places available. Registrations will close once the maximum number of available places has been filled, or on 25 October 2027, whichever occurs first.

1) First payment date (1st early payment) : **Until 30 May 2026 , Savings 1806 EUR**

- Interview fee: **€150**
- Registration (enrolment) fee: **€2,500** (*This is a non-refundable payment that is made only once you have been admitted to the program, after the interview*)
- Tuition (total): **€11,988**
- **Total programme investment (VAT included): €14,638**

Optional monthly payment plan (tuition only): 28 monthly instalments of €428 (the final instalment may be adjusted for rounding)

2) Second payment date (2nd early payment): **Until August 30, 2026, Savings 900 EUR**

- Interview fee: **€150**
- Registration (enrolment) fee: **€2,700** (*This is a non-refundable payment that is made only once you have been admitted to the program, after the interview*)
- Tuition (total): **€12,694**
- **Total programme investment (VAT included): €15,544**

Optional monthly payment plan (tuition only): 28 monthly instalments of €453 (the final instalment may be adjusted for rounding)

3) Third payment date: **Until 25 October 2026 (registration closes)**

- Interview fee: **€150**
- Registration (enrolment) fee: **€3,000** (*This is a non-refundable payment that is made only once you have been admitted to the program, after the interview*)
- Tuition (total): **€13,294**
- **Total programme investment (VAT included): €16,444**

Optional monthly payment plan (tuition only): 28 monthly instalments of €475 (the final instalment may be adjusted for rounding)

Program Fee Transparency (Total: €14,638; VAT included)

| <i>Cost component</i> | <i>Amount (€)</i> | <i>Share</i> | <i>High-level coverage</i> |
|---|-----------------------|--------------|---|
| <i>Retreat accommodation (full board)</i> | 3,492 | 23.9% | 40 nights in retreat centers, including full board |
| <i>Taxes & mandatory charges</i> | 2,337 | 16% | Applicable taxes and required charges |
| <i>Program delivery & academic components</i> | 8,809 | 60.2% | Faculty fees, essential travel (e.g., flights), admissions interviews, training materials, and program coordination, etc. |

Note: Figures are provided for transparency and may vary slightly depending on tax requirements and logistical costs.

Withdrawal Policy:

Participants may withdraw from the program at any stage. However, it is important to note that if withdrawal occurs at the beginning or during the academic year, **the full annual tuition fee must still be fulfilled**. This policy ensures the integrity and continuity of the program.

For further inquiries, please contact us through any of the following channels:

- Email: info@respiracionholotropica.com
- WhatsApp +56966510088 (Noelia)
- Phone Call 00351 933286684 (Ana)