

Holotropic Breathwork for Deep Relaxation 7/20/11 - Wed Gathering in Rockville

Posted At : July 13, 2011 4:32 PM | Posted By : Michael Smith

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Breathwork refers to many forms of conscious alteration of breathing, connecting the inhale and exhale, when used with deep relaxation. Holotropic breath work is a breathing technique that can heal suppressed emotions such as anger, fear, sadness, etc. This mind expanding technique helps people shift into an alternate states of consciousness. Rebirthing starts with lying down, relaxing and breathing. Deep inhalations and relaxed exhalations form the "Alpha" brain waves. Long and careful attention to the relaxed breath will reveal a many layered pattern of inhibitions and exposes our unconscious patterns of defense against pleasure and aliveness.

Randy Goldberg trained in Rebirthing with Sandra Ray in Paris , France and H olotropic breath work in Chapel Hill , NC . Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups. You can reach Randy at randy (at) randygoldberg.org or 202-380-6850 www.randygoldberg.org

