



3 of MAY 9 AM - 7 PM  
**Holotropic Breathwork**

*With Andrea Anstiss*

SPECIAL PRICE BEFORE 19 OF APRIL

Join us for a day of Holotropic Breathwork in Muscat!

Date: Friday, 3rd of May

Time: 9:00 am - 7:00 pm

Holotropic Breathwork is:

- An experiential method of self-exploration
- A powerful way to access our inner landscape
- A process to activate our innate healing potential
- A way to radically shift our perspectives and patterns
- A practice to access expanded states of consciousness

Developed by psychiatrist Stanislav Grof and his wife Cristina Grof, Holotropic Breathwork combines accelerated breathing with evocative music in a safe setting.

The day includes two breathing sessions and integration processes. Snacks and meals provided.

Cost:

- OR 130 (includes materials, fresh fruit lunch, and shared dinner)
- Early Bird Cost: OR 110 per person OR 180 per couple if paid by 19th of April

Location: Yama Yoga Seeb

Limited to 14 participants only.



**Andrea Anstiss is**

**a Transpersonal Psychotherapist,  
a certified Holotropic Breathwork  
facilitator and a former Hoffman  
Process teacher.**

**She has been facilitating breathwork  
since 1987 and Holotropic Breathwork  
since 2010.**

**<https://www.andreaanstiss.com/>**

Facilitated by Andrea Anstiss, a Transpersonal Psychotherapist, certified Holotropic Breathwork facilitator, and former Hoffman Process teacher. Andrea has been facilitating breathwork since 1987 and Holotropic Breathwork since 2010

**Bookings by phone and WhatsApp 71906060**