

OMEGA

Rhinbeck, New York

Dear Student,

You are registered for course # 5207-829, "Insight & Opening: Transforming the Body, Heart & Mind" with Jack Kornfield, Ph.D. and Stanislav Grof, M.D. on October 4-11, 2009.

To complete the registration process, please fill in and return the last *two* pages of this packet ASAP. They must be *received* by September 22nd at Grof-Kornfield office (address is on those pages.)

Please note that there is a special schedule for this course:

Schedule: Daily: Mon-Sat	6:30 A.M. - 7:00 A.M.	Movement	
	7:00 A.M. - 7:45 A.M.	Meditation	
	7:30 A.M. - 8:30 A.M.	Breakfast (Silence)	
	8:45 A.M. - 10:15 A.M.	Morning Session 1	
	10:30 A.M. - 12:00 P.M.	Morning Session 2	
	12:15 P.M. - 1:15 P.M.	Lunch	
	1:45 P.M. - 6:00 P.M.	Breathwork & Mandala Drawing	
	6:00 P.M. - 7:00 P.M.	Dinner (Silence)	
	7:15 P.M. - 8:00 P.M.	Meditation	
	8:00 P.M. - 9:45 P.M.	Small Group Sharing	
	9:45 P.M. - 10:15 P.M.	Meditation (Optional)	
	Sunday	6:30 A.M. - 7:00 A.M.	Movement
		7:00 A.M. - 7:45 A.M.	Meditation
		7:30 A.M. - 8:30 A.M.	Breakfast (Silence)
8:45 A.M. - 12:00 P.M.		Morning Session/Course ends	

The Children's Program will be available for the extended hours of this workshop. The above schedule is subject to change at the discretion of the faculty.

There will be four breathwork sessions over the course of the workshop. Each participant will have the opportunity to breathe twice and sit for a breather the other two times. On non-breathwork days, there will be meditation, Q&A, and additional activities during the afternoons and small group periods. Prior to the retreat, please read the enclosed **Notes for Breathers** and **Notes for Sitters**, which will provide you with important information for your breathwork sessions.

Please complete the enclosed **Personal History** and **Medical Information** forms and return them to: EastWest Teachings, 5935 Jordan Avenue, El Cerrito, CA 94530. If they cannot be **received** by September 22nd, please bring to Omega check-in. No rooms will be assigned until these completed and signed forms have been received by EastWest staff.

We look forward to seeing you this summer!

Sincerely,
The Omega Staff

Please return completed forms to:
DAVID CARR, EASTWEST TEACHINGS, 5935 JORDAN AVENUE, EL CERRITO, CA 94530

Notes for BREATHERS

CHOOSING A PARTNER

If you are coming with a friend, consider whether your relationship can be set aside, so that you can fully experience your process without distraction. If you think it cannot, work with someone else. If this seems difficult, share your concern with your facilitator.

STAY THROUGHOUT THE WORKSHOP

To support your partner and the people in your small group (as well as to benefit yourself), make a commitment to attend all breathwork sessions and all the evening group sharing.

EATING

Eat lightly or even skip lunch before breathing. If your session is very long, dinner will be saved for you.

WHAT TO WEAR/REMOVE

Wear comfortable, loose-fitting clothing. Remove any large or fragile pieces of jewelry. Remove contact lenses and dentures.

COME EARLY

Breathwork sessions start *promptly* at the scheduled time. Being present and relaxed at the very beginning is essential to gaining a full experience. There are often last minute details to arrange; arrive early and get comfortable so you are ready to begin breathing in a relaxed atmosphere.

BATHROOMS

Know where the bathrooms are. Use them before breathing. If you need to use the bathroom during your session, it is better to empty your bladder than be distracted by it. Your sitter will walk you there. Open your eyes while walking. This will not impede your process and will protect you and the process of other breathers.

COMMUNICATING DURING THE SESSION

Before the session begins, establish some signals with your sitter. For example, if you need a tissue, point to your nose; point to your mouth for water; raise your hand for help getting up to go to the bathroom.

If you want to be reminded to breathe deeper or faster in case your pattern slows during the session, ask your sitter to breathe near your ear or to gently touch your shoulder. How long should your sitter wait? Perhaps you do NOT want to be reminded.

Tell your sitter and facilitator about any medical or physical considerations you have which need to be observed if they are doing bodywork with you. If you have any deep issues (for example, about being touched), let your sitter know.

If you need to communicate other things during your session, speak simply and without disturbing other breathers.

CONTENT OF THE SESSION

There is no need to "make something happen". Allow to arise whatever tries to come to awareness.

USE YOUR BODY AWARENESS

If you feel "stuck" and notice that you are thinking a lot, shift awareness to your body and re-focus on breathing or the music. If you find you are analyzing the music, let the vibration of the sounds move through your body and re-focus on breathing.

"STOP"

The code word to have a facilitator or your sitter stop working with you is "STOP!" This word will always be respected, so that you can feel in control at all times. When you say "stop", all intervention will stop. Other words may be part of your process and will not stop the facilitation.

MOVEMENT

Moving around on your mat is fine, but remain lying down for the entire session. This is for your safety as well as the safety of those around you. Your sitter will protect your space so the movement of others does not disrupt your session. Your sitter will also protect others from your movement, so there is no need to inhibit *spontaneous* body movements.

LEAVING DURING A SESSION

It is advised to remain in the session until your process comes to its own conclusion. If you feel the need to leave before that, check in with your facilitator. If you *do* leave, allow your sitter to accompany you, as you are liable to be less grounded than you realize.

FINISHING

Each session has its own termination. There is no need to wait for the music to end. You will know when your session is complete. When you think you have finished, it is imperative to check in with a facilitator before leaving. At times there is more to access than you are aware of.

SILENCE WHEN YOUR SESSION IS DONE

Though the temptation is great to share your experience with your sitter, please respect the process of other breathers: **REFRAIN FROM TALKING IN THE HALL**. Try to stay in silence with your experience. This will be to your benefit generally, and will support the process of others. If you *need* to talk, seek an area away from others.

MANDALA DRAWING

Drawing helps to represent the experience non-verbally. Artistic merit is NOT the issue. The drawing will be the basis for sharing your experience with your small group. To support the concentration required for drawing, please maintain silence in the mandala room.

Notes for SITTERS

Your assignment is to support your breather with your full attention.

COME EARLY

Breathwork sessions start promptly at the scheduled time. Being present at the very beginning is essential for your breather's sense of trust, going into this powerful experiential work. There are often last minutes details and agreements to settle in order to support your breather fully. Arrive early and relaxed.

CHECK IN

Establish communication agreements with your breather. Listen to their needs and concerns. In order to have you fully support their experience, they may need to explain some deep personal issues to you. Make sure tissues, water and other accoutrements are at hand for them.

OTHER HELPING/HEALING PRACTICES

If you practice in other healing modes, you may be tempted to use your skills to help your breather. This can distract your breather from a full experience of his or her own process. Please refrain from interceding with *unasked-for* touch, aura-cleansing, pendulums, crystals, etc.

FACILITATOR HELP

If you have questions, or your breather asks for facilitation, which is beyond you, ask for help. Raise your hand to get the attention of a facilitator. Any nearby will respond.

BATHROOMS

If *you* need to go to the bathroom - or leave momentarily for any reason - do not leave your breather alone: ask a facilitator to take your place. If your *breather* needs to go to the bathroom, accompany and gently guide them. Breathers, still in their process, may be quite ungrounded and unable to maneuver easily. They may need to be reminded to open their eyes as they walk. Make sure the space ahead of them is clear and that they do not disturb other breathers as they pass.

SUPPORT YOUR BREATHER

Give full attention to your breather, being ready for any need at any moment - even when they seem completely passive or asleep. Be attentive without needing anything to happen. The practice of attention is its own intense experience.

Offer assistance only in the manner agreed on. If you notice your desire to intervene, explore what need *in you* is active.

Have whatever might be needed on hand, or know where to locate them: towels, pillows, plastic bags, water, etc.

PROTECT YOUR BREATHER'S SPACE

If a neighboring breather is very active and likely to encroach on your breather's space, protect your breather with pillows. If your breather is flopping off the mat, put pillows under them so they don't hurt themselves.

If others are talking, please bring their disturbance to their attention or to the attention of a facilitator.

LEAVING

When the session has finished, be sure your breather checks in with a facilitator before leaving the room. Tidy your space as much as possible without being intrusive on others or abandoning your breather.

SILENCE

We will observe silence from the time the session ends through breakfast the next morning. If your breather has a strong need to talk about the experience, find a place where your conversation will not disturb others. Discourage trivial talk. There is ample time in the small group after dinner for breathers to explore their experience verbally.

MANDALA DRAWING

Accompany your breather to the mandala room. Respect the silence there. You may also draw a mandala.

LEAVING YOUR BREATHER

When your breather is feeling grounded enough to be left alone, return to the hall and tidy up your space. Pick up any things your breather has left behind. There will be a place for garbage and a place for soiled towels. Move the mat to the side of the room.

DINNER

If your breather is having a very long session and it looks like you will miss dinner, ask a facilitator to have food put aside for you and your breather.

EVENING SMALL GROUP

Attend the group after each breathwork session. Not only is it instructional, but it supports your partner in an essential way, for as breather and sitter. It is also an important part of maintaining the intimate bonds that are established within the group, especially in a retreat with so many participants. Not least, it is the way staff knows that you have completed your process, or to offer support in completing it.

PERSONAL HISTORY

(for confidential use of staff and your facilitators)

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Occupation _____ Age _____

Nearest friend or relative who will be available in the event of an emergency:

Name _____ Address _____

City _____ State _____ ZIP _____ Phone _____

MEDITATION EXPERIENCE Is this your introduction to meditation? _____

IF NOT, briefly list how much and what type of experience you have:

BREATHWORK EXPERIENCE Is this your first time? _____

IF NOT, list how many and what other types of breathwork you have experienced:

BODYWORK List what types you have experienced:

NOTES

**Please complete this form and the Medical Information form and return ASAP to:
EASTWEST TEACHINGS, 5935 JORDAN AVENUE, EL CERRITO, CA 94530**

If they cannot be **received** by **September 22, 2009**, please bring to Omega check-in. No rooms will be assigned until these completed and signed forms have been received by staff.

MEDICAL INFORMATION

Name: _____ State _____

Phone _____

(Please print legibly)

Holotropic Breathwork is intended as a personal growth experience and should not be used as a substitute for therapy. It can involve dramatic experiences, accompanied by strong emotional and physical release.

Therefore, this retreat is not appropriate for pregnant women or for people with cardiovascular problems, severe hypertension, mental illness, recent surgery or fractures, acute infectious illness, epilepsy or spiritual emergency. If you have any questions about whether you should participate, please consult your physician or therapist, as well as the facilitators, before entering into the breathwork process.

It is not appropriate to use recreational drugs prior to, nor during, the retreat.

Please check if:

- ___ you are pregnant
___ you have ever been hospitalized for psychiatric or medical reasons (note details on reverse)
___ you are taking any medications. Which?
___ you are currently in therapy or any support group
___ there were complications at your birth(Caesarian, anesthesia, multiple births, &c)
___ you have attempted or seriously considered suicide (note details on reverse side)
___ you are currently experiencing spiritual emergency
___ you currently have infectious or communicable disease

Do you have any history of the following:

- ___ Cardiovascular disease or heart attack ___ Headaches
___ Family history of strokes ___ High blood pressure
___ Diagnosed psychiatric condition ___ Aneurism
___ Physical illness or injury ___ Epilepsy
___ Recent/current communicable disease ___ Diabetes
___ Glaucoma or retinal detachment ___ Osteoporosis
___ HIV+ ___ Recent surgery
___ Alcohol or drug abuse
___ Asthma (IF YES, BRING INHALER TO BREATHWORK SESSIONS)

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, PLEASE EXPLAIN ON THE OTHER SIDE OF THIS SHEET.

I hereby confirm that I have read and understood the above information and have answered all questions completely and honestly and have not withheld any information. My general health, other than as noted, is good. I will not use alcohol or recreational drugs during the retreat. I agree to hold Omega Institute, EastWest Teachings and their agents harmless against all loss, damage, liability or expense arising out of, or in connection with anything owned or controlled by Omega Institute or EastWest, or resulting from any acts, failure to act, or negligence of Omega Institute or EastWest or its agents.

I agree that my use of the premises, facilities and equipment of Omega Institute is accepted by me at my own risk, and that Omega Institute is absolved and discharged from all liability for any loss or damage I may incur of my personal property.

Signature _____

Date _____

___ I do not want to have my name and address included on the roster, which will be available exclusively to facilitators and participants and only for purposes of personal contact (specifically, not for solicitations).

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