

**THE TRANSPERSONAL BREATHWORK EXPERIENCE:**  
***THE KINGDOM WITHIN***

With Gregg Unterberger, M.Ed., LPC

For centuries, pre-industrial societies valued mystical states of consciousness filled with profound imagery, accelerated emotional and physical healing and even an ecstatic sense of union with the universe. Over the past few decades, the healing potential of these so-called "peak experiences" has garnered attention in contemporary Western culture, as evidenced by interest in hallucinogens, trance dancing, yoga and meditation. However, most everyone believes that the deepest of these experiences happen only by chance or fate. But what if we could *intentionally* move into these powerful mystical states of consciousness?

**We can.**

Rooted in the work of psychiatrist Stanislav Grof, MD, Transpersonal Breathwork combines *unique breathing techniques* with *evocative music* in a ritual setting of *focused intentionality* designed to *spontaneously trigger* these powerful states of being. Tens of thousands of people have participated in Breathwork sessions over the last 35 years. Participants have reported benefits including marked relief of anxiety depression & stress, catharsis of emotions, improved relationships, greater self-esteem and a renewed sense of purpose.

Gregg Unterberger, M.Ed., LPC has served as Adjunct Faculty in Psychology at Texas State University and is currently a psychotherapist in private practice in Austin. Gregg is a Certified Regression Therapist who has studied with Stanislav Grof and Grof Transpersonal Training. His new audiobook "Exploring the Mysteries of Your Mind" has just been released as a 2 CD set. He is a national workshop presenter who has touched millions through the popular press, workshops across the country and through regional and national television.

When: Friday evening & all day Saturday, June 24 & 25, 2011

Where: Wingate by Wyndham Hotel, Round Rock (Austin Area) TX.

Discounted rooms available. Cost: \$250.00 per person.

Space is strictly limited. For Reservations & info, call (512) 451-9527.