

August 22, 2026 1 Day Holotropic Breathwork® Workshop

Metabee Farm Hillsdale, NY

With Zoom Introductory Session before

Full event details here:

A Transformational Journey Toward Wholeness

Holotropic Breathwork® is a powerful, experiential practice that uses **conscious breathing, evocative music**, and a safe, supportive setting to access **non-ordinary states of consciousness**. Rooted in ancient wisdom and modern psychology, this method opens a direct path to the body's **innate healing intelligence** with an expanded state of awareness where the unconscious mind can bring forth emotions, insights, memories, and visions for healing, release, integration, and transformation.

Holotropic Means “Moving Toward Wholeness”

Developed by psychiatrist **Dr. Stanislav Grof** and Christina Grof, Holotropic Breathwork is designed to help individuals explore the full spectrum of human consciousness. By activating the natural inner healer, this practice supports healing at emotional, physical, psychological, and spiritual levels.

“In Holotropic Breathwork, the emphasis is on creating a safe, relaxed space in which each participant can surrender fully to all the sensations, feelings, experiences, emotions, and visions that arise. The unconscious mind and inner healer will guide the process. It is the most healing and beautiful work I know.”—Tom Francescotti

We warmly invite you to join us for the day exploring our human potential.

Facilitators: Tom Francescotti and Vera Hanakova

Schedule:

Each person will be a breather in one session and a sitter in the other session.

Thursday 8/20/26:

7-8pm: Zoom Introductory Holotropic Breathwork® Talk

Saturday 8/22/26:

8:30- 8:45am: Arrival

9:00-10:00 am: Opening Circle

10:00am-1:00pm: Holotropic Breathwork Session #1

1:00-2:00pm: Lunch break (some snacks, soup, salad provided). Please feel free bring your own packed lunch if that feels safer to you.

2:30-5:30pm: Holotropic Breathwork Session #2

5:30-6:30pm: Dinner break

6:30-8:00pm: Integration and Closing circle, and departure

Cost:

Early rate \$250 After July 1, 2026: \$300

Payment options include cash, check. Credit card payment is also available for an additional fee. Limited lodging is available for limited fee.

Registration:

Contact Tom Francescotti at (518) 821-0021 or info@drfrancescotti.com for payment and medical screening forms.