

Breath of Life

a workshop in
Bioenergetics &
Breathwork

Friday October 30th
15:30-20:00

@ Oslo Yogastudio



Feeling tired or stressed out?

Looking to unleash your creative
potential?

Curious to explore deeper dimensions
of your body and mind?

The powerful techniques of **Breathwork**
and **Bioenergetics** are here offered
together in a single workshop, in a safe
and supportive small-group setting,
guided by a clinical psychologist.

What is Bioenergetics?

The bioenergetic exercises were developed by Dr. Alexander Lowen based on the body psychotherapeutic tradition initiated by Dr. Wilhelm Reich in the 1930s. These exercises are *simple* and *gentle* ways to release long held tension patterns in the body to allow our life force to begin to flow more easily through us again. These exercises also promote deep relaxation and grounding in the nervous system, improving sleep and attenuating the effects of trauma.



What is Breathwork?

The breathwork you will experience in this workshop is based on the holotropic breathwork technique developed by Dr. Stanislav Grof in the 1970s. It consists of continuous, deep, rhythmic breathing over an extended period of time, lying on our back, accompanied by an evocative musical journey. This brings a strong influx of vital energy into the body – called *chi* in Chinese medicine and *prana* in the yoga tradition – which brings unconscious tension patterns to the surface, as well as allows for the liberating release of emotions. It also creates a deeply concentrated state which facilitates access to important early memories, transformative insights and creative imagination.

Feedback from participants

“The workshop felt the whole time very safe, and I felt that I was being well held and supported and that I could control how deep I wanted to go in the experience. To be in this state of consciousness took me on a pretty exciting journey in my interiority that gave me some answers, and yet also raised questions that I want to explore further.”

“After the workshop I experienced a great calmness and peace that persisted for many days together with a surplus of creative energy”



“It’s been a long time since I slept so well as I did after this workshop, and I feel more present today than I have been in a long time.”

“I’m experiencing more clarity in certain life issues at the moment after having an experience that was mainly memories of facing fear and having it turn out positively. This led to strong feelings of gratitude and love towards the people in my life that support me and lasting feelings of increased safety.”

Practical details

Date & time: Friday October 30th at 15:30–20:00

Location: Oslo Yogastudio, Rosenborggaten 19 C
(Entrance from Pilestredet, vis à vis Fagerborg church.)

Language: English or Norwegian

Group size: Max 8

Price: 900 kr

What to bring: Loose comfortable clothing + water bottle

Registration: By email to gunnar@osloentrumpsykolog.no

Guide:

Gunnar Gjermundsen – psychologist, yoga teacher, group therapist – brings a decade of experience with many different modalities of inner work, from both Eastern wisdom traditions and Western therapeutic approaches. His top priority is always to create a safe, friendly and compassionate space for self-exploration.



A person who doesn't breathe deeply reduces the life of his body. If he doesn't move freely, he restricts the life of his body. If he doesn't feel fully, he narrows the life of his body. And if his self-expression is constricted, he limits the life of his body.

Alexander Lowen