

GUIDELINES FOR STUDENTS TO ORGANISE

GROF BREATHWORK EVENTS

These events are an essential part of the training AND an important way for Grof Legacy Training to be promoted and recognized. From that perspective each student is an ambassador for the training.

These guidelines indicate the overall idea and are for the students to be inspired by. Details are to be discussed with and approved by the supervising facilitator before any announcement.

How to do this:

1. Two students will organise a workshop together. Find another student you would like to work with.
2. Contact any team member (preferably your supervisor) who will be the official facilitator for the event, with the two students as assistants. Students and the facilitator will negotiate plans for the workshop together.
3. Again: don't advertise your event before agreeing your plans with your facilitator.

The workshop is to be advertised as a high-quality event led by an experienced, certified facilitator with students from the Grof Legacy Training Nordic (you) as assistants. In other words, not as a workshop run by students with a supervisor somewhere in the background.

The advertisement and the organisation serve as a demonstration of the students understanding of the fundamental principles for Grof Breathwork, their ability to use the standard terminology, and setting up a generally recognized framework. Although Grof Breathwork can be combined with other modalities, for learning purposes we will not encourage that at this stage.

The workshop needs to include time for introduction and time for completion/integration. For this to unfold without too much stress, we suggest spreading the workshop over two days with one session a day. Later in the training longer events can be considered. We recommend a shorter follow-up meeting on zoom about a week later. The facilitator will be included in this meeting.

In the first year the preferred number of participants per workshop is 10 (8 - 12). In years 2 & 3, events can be bigger, and 1 or 2 additional students may be invited as "floaters". Other students might be invited to breathe/sit for a reduced fee if space and budget permit.

For the student this is an opportunity to learn how to organise a Grof Breathwork event in all details, follow a facilitator on the floor and become familiar with the role as a "floater", and to receive direct supervision.

Budget: Students work out a budget based on following guidelines: Facilitator fee is set to minimum 800 euro for two days (may increase with bigger groups). When necessary, the facilitator's travel expenses, food and accommodation must also be covered. The students "payment" is the educational experience and the direct supervision.

Budget must include room rental and whatever equipment is needed.

Each student needs to set up a minimum of one workshop in the 3 years but we encourage you to set up as many as you feel able to and can find supervisor facilitators for, and thus gain additional training experiences.

Please note that individual or group sessions offered to anyone under the name of GLT by any student on their own is not permitted prior to certification unless specifically agreed upon.

GLT Nordic

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