

# GROF BREATHWORK

## RETREAT WEEKEND

*Journey into the depths of yourself  
guided by your breath and music  
in a lovingly held space*

Date: 4-5 May, 2024

Location: Delphi Institute  
Gästrikogatan 18, Stockholm

## INVESTMENT

200 Eur / 2300 SEK

## INCLUDES

Preparatory zoom call 1 week before

Full day - 2 therapeutic breathing sessions  
*one sitting and one breathing*

Sharing circles and on site integration

Integrating zoom call 1 week after

## Reconnect to Self

## FACILITATOR



Mathilda Engman

Executive Director, Delphi Institute



Dr. W. Grof

Executive Director, Delphi Institute  
Executive Director, Grof Center  
Executive Director, Grof Center



Rebecca Soderstrom

Therapist, Grof Legacy Training

## QUESTIONS & BOOKING

Contact Mathilda on Messenger or [info@delphi.se](mailto:info@delphi.se)

GROF LEGACY TRAINING