

the **Shift** network presents:

Organized by Gay Hendricks, Jim Morningstar and Jessica Dibb

The Breathwork Summit

Harness the Power of Your Breath to Heal Your Life & Our World
January 31 – February 3, 2012



Don't worry about getting up early. You can download these programmes later and listen at your leisure

A Free Telesummit with World-Class Pioneers, Visionaries and Passionate Advocates for the Power of Your Breath

Featuring **Gay Hendricks, Stanislav Grof, Jack Kornfield, Sondra Ray, Leonard Orr and MORE**



In the Spotlight

Ann Harrison,
Breathwork Trainings International

Sign Up to Listen Live on Your Phone Line

1 - 4 February 2012
times for Eastern Australian Summer Time

Breath is Life

Without breathing we would not be alive.

Awareness of ourselves and our breath, teaches us about how we are living and how to live more happily.

In this FREE internet event you will be able to listen and learn from the pioneers of modern Breathwork.

Simply use your internet browser and go to <http://breathworksummit.com> and register.

It is as easy as taking a breath – and just as life sustaining

Wednesday	Thursday	Friday	Saturday
<p>3:00am to 3:30am 01 Introduction to Breathwork Summit: Gay Hendricks, Jessica Dibb, Jim Morningstar</p> <p>3:30am to 4:15am The Power of Breath: Dr. Dan Siegel</p> <p>5:30am to 6:15am Breath, Buddhism and Consciousness: Jack Kornfield</p> <p>6:30am to 7:15am THERAPEUTIC BREATHWORK: The New Paradigm: Jim Morningstar</p> <p>7:30am to 8:15am The Healing Power of the Breath for Stress, Anxiety and Natural Disasters: Patricia L. Gerbarg, M.D., Richard P. Brown, M.D.</p> <p>8:30am to 9:15am HEARTMATH: Breathing internal coherence into life: Deborah Rozman, Rollin McCraty</p>	<p>3:30am to 4:15am 02 Theoretical and Empirical Foundations of Holotropic Breathwork: Dr. Stanislav Grof</p> <p>4:30am to 5:15am Free Your Breath, Free Your Life: Dennis Lewis</p> <p>5:30am to 6:15am HEALING THE SOURCE EXPERIENCE: The Defining Breath: Binnie Dansby</p> <p>6:30am to 7:15am YOGIC BREATHING: proven pathways for total wellness: Shirley Telles</p> <p>7:30am to 8:15am HEALING THE NEXT GENERATION: Breathwork with Infants and Children: Carol Lampman</p> <p>8:30am to 9:15am DYSFUNCTIONAL BREATHING HABITS: Respiratory Fitness and Acid-base Balance: Dr. Peter Litchfield</p> <p>9:30am to 10:15am RIGHT RELATIONSHIP: Ethics in Breathwork: Kylea Taylor</p>	<p>3:30am to 4:15am 03 Conscious Breathing: Gay Hendricks</p> <p>4:30am to 5:15am BUTEYKO BREATHWORK ~ Physiochemical Rebalancing or Psychospiritual Practice: Dorisse Neale, R.N.</p> <p>6:30am to 7:15am REBIRTHING BREATHWORK: Conscious energy breathing self-healing: Leonard Orr</p> <p>7:30am to 8:15am QIGONG BREATHWORK: Enhancing or restricting an authentically healthy life: Patrick Dougherty</p> <p>8:30am to 9:15am The Old Frequency VS. The New Frequency in Relationships: Sondra Ray</p>	<p>3:30am to 4:15am 04 THE PRESENCE PROCESS: The Consciously Connected Breathing Practice: Michael Brown</p> <p>4:30am to 5:15am Airway management and energy medicine: James DuCanto</p> <p>5:30am to 6:15am Breathworks Recognition in Australia: Ann Harrison</p> <p>6:30am to 7:00am Closing Discussion: Gay Hendricks, Jessica Dibb, Jim Morningstar</p>

Recognition of the work of Australian Ann Harrison, who is among the presenters.



For over 25 years Ann has explored the practical use and relevance of ancient spiritual principles and techniques. She has supported individuals in Australia, Europe, USA and Asia to transform themselves and their lives.

Ann worked in Hong Kong from 1988 to 1996, setting up a retreat centre in a secluded mountain area. On returning to Australia she has continued to work nationally and internationally, and has been a leader in obtaining government accreditation for Breathwork trainings.

As director of Breathwork Trainings International she offers government accredited Breathwork trainings. Ann is available for consultation in her home village of Millthorpe, NSW, Anula Healing Centre, Orange & the Intuitive Well, Bondi Junction Sydney

You can buy Jim Morningstar's latest e-book, The Complete Breath, and read articles by presenters in this Breathwork Summit. Go to www.jimmorningstar.com