

Breath, life energy and the change of awareness

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Exploring the possibilities and practices of Breathwork

Bo Walström (Stockholm)

Weekend Workshop at the FRIAS, University of Freiburg
June 14 & 15, 2014, 9:00-18:00 Uhr.

The concept of a subtle but powerful Life Energy is perhaps contemporary with the practice of consciously shaping breath, instead of allowing it to be only automatic. The names Chi, Ki, Prana, Libido, Orgon, etc, all describe this constant moving and pulsating essence of life. Breath is always with us and is in constant connection with a vitalizing life energy. Where it comes from and where it goes is a matter of faith, or belief. But the way it moves in the body, what builds it up and what effect it has on physis and psyche is knowledge we can acquire through practical experience.

Through the history of mankind, much has been achieved in understanding and utilizing Breath. But how can present culture get hold of these benefits? How can we use Breathwork for health and wellbeing? How can psychodynamic Breathwork open our awareness and offer a wider perspective on ourselves and the world?

This will be tried out and practiced during the weekend workshop, with breath exercises that raise the energy of life, transmute emotions, broaden the mind and create an inner room for acceptance and patience.

What to expect?

As a participant you will get information about the breathing mechanism and its interaction with the mind and body. A presentation of different breathing techniques and their purposes. One breathing session per day. A coaching dialogue about your personal experiences enable to integrate what happens in your sessions.

What will be done?

Several short presentations by myself. Time for questions and reflections. Techniques of integration. During the breath sessions you will lay down on a mattress for optimal relaxation. Your breathing rhythm and relaxation will be guided. A verbal follow up will be done after each session.

What is required from the participants?

An open mind with an interest in exploring alternative states of awareness and its pharmacological and therapeutic potentials.

Bo Wahlström

is born in Sweden, and travels in many countries to share his experience of being an explorer of human consciousness. As a renowned teacher of Breathwork for more than 30 years, corporate consultant and individual therapist, he is appreciated for his knowledge, empathy, clarity and sense of humor.

Participation Fee: 100,- Euro

For registration contact Hermann Herlinghaus
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see also www.frias.uni-freiburg.de/pharmakon