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# HOLISTIC HEALTH PRACTICE

## HHP Labyrinth

**www.holistichealthpractice.net**  
November 2006 Newsletter

### The Month in Preview

- :: Holotropic Breathwork Workshop with Kurt Hill
- :: "Why Marriage" Seminar with Kurt Hill and Sara Davenport
- :: Yoga Therapy, Thai Massage and Polarity Therapy with Mark Gerow
- :: Psycho Dimensional Counseling with Teresa Rupprecht
- :: Holistic Health Practice Gift Certificates
- :: Updated Session Rates



**Dear Sara,**

Given the sophistry and antipathy we are faced with in the world, it is very difficult to strive for right livelihood and happiness. Instead of words of guidance and wisdom we are usually forced to listen to passionate negative rhetoric.

There always seems to be something wrong with something or someone. How can we not be affected by this?

I think that it is time to consider that the outer world is merely a metaphor for the inner world. We must look within ourselves in order to begin the quest for peace, harmony and balance.

Has Spirituality become a synecdoche rather than a practice?

It is time to take charge of ourselves and require a soulful improvement of Being and then apply it to the environment. It is a calling to stop being incontrovertible and just learn to witness and try to understand the behavior of others.

Trade the extravagant & licentious exterior for a rich interior and witness the immediate changes around you. Perhaps then there can be unity without uniformity. Togetherness and conscious guidance - what a concept. It really is all about keeping our agreements. You see it truly does begin with you.

Continuing to do the truth in love,

*Kurt Hill*

Please see our website [www.holistichealthpractice.net](http://www.holistichealthpractice.net) for full descriptions of the following events.

You must register for any of the events listed. If needed, security codes will be given and advance payments can be made. **Please call Holistic Health Practice at 312. 664.8376.**

### **Holotropic Breathwork Workshop with Kurt Hill**

This is one of Kurt's favorites. Holotropic breathwork was developed in the 1970s by Dr. Stanislav Grof while studying the therapeutic potential of entering "nonordinary" states of consciousness. These "nonordinary states" were indistinguishable from those described in the ancient mystical traditions and spiritual philosophies of the East. Experiences in the "nonordinary state" brought on by the breathwork can be categorized as: sensory, biographical, perinatal or transpersonal (beyond the body and personal identity).

Kurt's own experience of holotropic breathwork training with Dr. Grof provides the structure for this workshop. He will facilitate the process accompanied by the gifted Michael Taylor who provides the musical background through his masterful Gembe drumming.

Participants, or "breathers" lie on a mat in a relaxed position. As background music and drumming begins, the "breather" begins breathing faster and deeper as instructed by the facilitator with drumming and/or music to support the rapid, deliberate breathing. During the process, the "breather" can have quite a range of experiences, including deep feelings of joy or serenity, yogic sleep/meditative states, re-experience of traumas or the birth process, bodily sensations (tension, pain, warmth, etc.), crying, yelling, body movements, and/or transpersonal experiences such as past life experiences.

This is a very special opportunity where Kurt

### **"Why Marriage" Seminar with Kurt Hill and Sara Davenport**

For those who are about to embark on a committed relationship or are already in one - hetero or same sex. This seminar is for people who ask "why marriage" and "why marriage after 50?" if we are not interested in amphimexis (procreation.)

People are realizing that old stereotypes and standards do not apply to today's expectations of relationship and/or marriage. Many of us are willing to postpone relationship intimacy until later in their lives. However, it appears that intimacy is something that today's community is desperately seeking but unfortunately not finding.

Join us for a provocative look at relationships - whether we are just beginning or entrenched in middle age with more than one or two less-than-perfect relationships under our belts.

The text we'll be following is the Stephanie Coontz "History of Marriage", John Gray's "What We Feel, We Can Heal", Harville Hendrix "On Getting the Love You Want" and "The History of the Penis - A Mind of It's Own."

With discussion and interactive work, this seminar is not only about why, but how to. Moderated by Kurt Hill and Sara Davenport.

**Date: Saturday, January 13, 2007**  
**Time: 2:00 to 5:00 PM**  
**Location: Holistic Health Practice,**  
**One East Superior Street, Suite 307**  
**Cost: \$75**

### **Psycho Dimensional Counseling with Teresa Rupprecht** *New Practitioner*

Teresa Rupprecht is a graduate of Kurt Hill's Advanced Psychosomatic Character Therapy training and an Avatar Master and Wizard, trained by Star's Edge International.

Teresa uses her insights into the ancestors to support people in addressing illness, emotional stress, and habit patterns in their ancestral lines.

will create a safe space for a personal healing journey.

Workshop is limited to 10 people.

**Date: Saturday, December 9, 2006**

**Time: 2:00 to 5:00 PM**

**Location: Holistic Health Practice,  
One East Superior Suite 307**

**Cost: \$100**

*Prior to workshop, all participants must fill out a health profile and release form.*

*\*descriptive process excerpts from  
holisticmed.com/inner/breath/holotropic.html*

## **Yoga Therapy, Thai Massage and Polarity Therapy with Mark Gerow**

*New Practitioner*

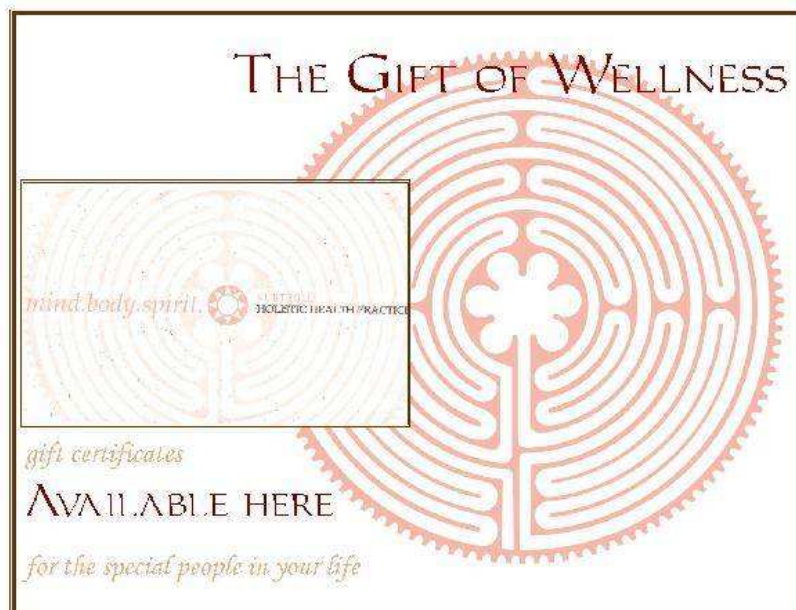
Mark Gerow is the founder/creator of Lunarhythms Yoga, and comes from a very diverse background. From survival instructor in the U.S. Airforce to actor in New York City, his unique blend of flowing hatha yoga combines various styles and incorporates elements to include chakras, ayurveda, yoga therapy, and organic movement, as his influences are many.

He has taught in locations around the globe to include: The NY Open Center, Canyon Ranch of the Berkshires, Omega Institute, Kripalu Center, Findhorn Foundation (Scotland), resorts in Jamaica, Maui, Bali, the Yoga Vision Yoga Conference (AZ), and for AHMA (American Holistic Medical Association) as well as BeYoga and Yoga Zone. Mark can be found leading retreats, workshops and classes around the US and abroad. He also specializes in Yoga Therapy and Ayurvedic Yoga consultations/privates.

**[Detailed descriptions of Mark's  
therapeutic modalities](#)**

**[Link here for details about Teresa and her modalities](#)**

## **Holistic Health Practice Gift Certificates**



Gift certificates are available for holiday and gift giving!

## **Updated Session Rates**

**[Session Rates](#)**

## **Sara Speaks**

It's been awhile since our last newsletter and we hope that you find this one full of useful information. Please feel free to pass it along to your own list of family and friends. We would love to expand our reach – and welcome your suggestions as to how we can keep our newsletter and the services we offer here at Holistic Health Practice of vital interest to you.

We have two new practitioners who have much to offer our community. Both Teresa and Mark are gifted in their respective healing modalities and we are very fortunate and happy to have them as part of the HHP team. I just had a Thai Massage with Yoga Therapy session with Mark – wow! What a great way to blend the benefits of yoga with his personal guidance into the poses. Plus, the massage part was truly therapeutic. This is a recommended 2-hour session and it goes by in a flash. Recently, I attended a workshop about ghosts that Kurt moderated where Teresa had some amazing connections with participants and their ancestors. I believe she has much to offer through her abilities in this interesting field.

We also have some new workshops coming up in which we would love to have you participate. Please contact us for whatever reason – we'd love to hear from you.

Our best wishes to you as you embrace the upcoming holiday season. Can it be here already?! Be safe. Enjoy. And don't forget that we offer gift certificates here at HHP. They are a great way to encourage loved ones to be mindful of their health.

Sara Davenport, Director  
Holistic Health Practice

email: [info@holistichealthpractice.net](mailto:info@holistichealthpractice.net)  
phone: 312.664.8376  
web: <http://www.holistichealthpractice.net>

## Experience the Healing Power of Acupuncture

Acupuncture helps with energy, immune system, and stress reduction. Dr. Amie Shimmel, our chiropractic physician and acupuncturist, will be offering mini acupuncture sessions for any new chiropractic patient.

Come in. You'll feel wonderful.

[Learn more about Dr. Amie Shimmel](#)

**January 1, 2007 \*New Clients only please. Please mention this offer when scheduling your appointment.**

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