



GROF® LEGACY PROJECT

Dear Friends,

WELCOME! We are delighted that you will be joining us for our **Grof® Legacy Pre-Conference Workshop** at the MAPS PS2023 conference in Denver, Colorado. This will be an historic event and an important honoring of Stan Grof's long career. The entire Grof team is feeling excitement and anticipation about our rapidly approaching event.

Before you are cleared to participate, we require the completion of our [Medical Form](#).

Based on your response to our requisite Medical Form you may be hearing from one of our team members. Consider this pre-event contact a 'courtesy call' and will only be made in order to clarify a health related concern.

Our pre-conference event has been full for many weeks now. Given the limitations of space we have 240 participants registered. The work will be supported by an international facilitation team of approximately 30 people. Stan and Brigitte Grof will be making a trip from their home in Germany to join us.

In preparation we have a significant amount of information to share.

PLEASE TAKE THE TIME TO READ THIS MESSAGE CAREFULLY. IMPORTANT.

Covid Precautions

Although we are not requiring proof of vaccination we would like to ask participants to consider pre-testing with a rapid home test before arriving at the conference center Sunday evening. Please consider this a courtesy given the intimate nature of the work and Stan's age and health. Stan is planning to be on the floor during the breathwork sessions and we hope to make this the safest setting possible for him. This request will be based on the honor system and no formal reporting process will be in place.

Stan and Brigitte will have attendants with them throughout the conference. Please understand that his ability to meet and greet people individually will be limited.

Substances

Due to the nature of this conference, we must remind our participants of the following: In order to participate in Grof® Breathwork, ***you must not be under the influence of any psychoactive substance at any point during the workshop.*** Our staff is responsible for your safety and the safety of others, and if it is discovered there has been use of substance to alter you during the workshop, you will be excused from the workshop immediately and no refund shall be given. By your attendance at the workshop, you are acknowledging you have read, understood and agreed to our terms.

Schedule

Our three day event will be held at the Colorado Convention Center (CCC) and begins with a Welcome / Preparation session on Sunday evening, June 18, 2023. Our meeting space is on the 'Meeting Rooms' level of the CCC: Adjoining rooms 601, 603, 605, 607.

The Sunday evening session is **MANDATORY**. It will include introductions to Stan and Brigitte Grof and our facilitation team; both theoretical and practical introductions to Grof® Breathwork; and the process of creating partnerships for the breathwork sessions that begin on the following morning.

We will need to end the Sunday session by 9:30pm at the latest in order to begin the set-up for the Monday morning session.

Following is the basic schedule:

6pm – 9:30 pm	Sunday, June 18th	MAPS Sign In / Welcome/ Preparation
9am – 5 pm	Monday, June 19th	Breathwork #1 / Integration
9am – 5pm	Tuesday, June 20th	Breathwork #2 / Integration

What to Bring

Given the nature of the work and the setting we need to ask for your assistance in bringing some of what you will need to be more comfortable. While we will have mats onsite, please note we will NOT have any additional bedding on site. Please remember that you will be working with a partner. If you already know with whom you might be partnering, please consider sharing the same items.

Please bring the following to the Monday and Tuesday sessions:

- twin or set of twin sheets
- lightweight fleece blanket or throw
- travel pillow
- (if possible) meditation cushion or lightweight / folding nylon camp chair for your role as a sitter
- eyeshades
- water bottle with a closed lid
- journal /pen (optional)

- comfortable, loose, layered clothing for the breathwork sessions *please remember that the room will be air conditioned

Meals

We will have a 1 – 1.5 hour lunch break each day. Given the nature of the work we would like to encourage you to stay onsite at the convention center during that relatively short mid-day break. We have been assured that there are multiple food sources within the building. – places that will allow for an easy purchase of food and drinks (including bottled water). Bringing your own snacks or light lunch for the day might also allow for a leisurely break time.

Staffing / Integrative Sharing Circles

We have designed a generous 1:10 staff / participant ratio for this event. We will be creating smaller groups of 20 people / 2 facilitators each within the larger community. You will be getting to know two of our facilitators and staying within the same group of 20 for the integrative sessions in the afternoon. This will allow us to build intimacy and offer each of you adequate support. Our facilitation teams will be there as resources for your questions and concerns – and to offer guidance about how to continue to work with the themes that emerge in your journeys.

Breathwork Partnering

Many of you may be coming alone and have no idea who you will be partnering with for your breathwork sessions. This is often the case. Please know that we will be structuring a process on Sunday night to make sure that everyone is matched by the end of the evening. Doing deep work with someone you are meeting for the first time can be liberating (no shared personal history!) and sometimes synchronistic.

Arriving

Please give yourself plenty of time to arrive at the Colorado Convention Center. Monday and Tuesday will be very full days. The sign-in process may be somewhat time consuming given our numbers.

Parking

Parking at the Colorado Convention Center (CCC) is \$25 per day, while parking at the Hyatt is \$47 per day. We believe that conference attendees should be able to leave cars in the CCC parking lot for multiple days as long as they are paid per day.

Thank you for your patience with this process. We are looking forward to our meeting in Denver! Be well.

Warmly,

Diane Haug, Jay Dufrechou, and the entire Grof® Legacy team