

In February 2009 the Multiversity is offering the first BioDynamic Breathwork Practitioner Training. We asked Giten and Rohi, the leaders of the program, to tell us about this new approach to working with body and breath.

Also, Giten and Rohi are offering this training through their own Energy Of Breath Institute in New York City, this Fall 2008.

Another very special process they offer is their signature Conscious Breath and Dance group, which incorporates the same elements as the breath training, but with dance and performance as its main tool for self-exploration.

What is BioDynamic Breathwork?

BioDynamic Breathwork® is built on new bodywork and specially designed movement techniques we have created, including Breath on the Ball®, and Breakthrough Breath and Dance®. To us, the word BioDynamic means energy flowing through the body, and this training is a unique synthesis of our approaches which gets you grounded in your body, so meditation can flower.

One of the main three ingredients, Breakthrough Breath and Dance, is all about conscious movement. First, you will experience a variety of strong, as well as gentle, bioenergetic movements to get you more present to your body and the energy moving in it. These movements are specifically designed to break through tension patterns in your body, layer by layer, all the way to your core. Conscious movement also includes many different dance journeys in which you will express all types of emotions, energies and stories, and feel all types of sensations. You will gain a new sense of yourself through moving in new and creative ways, beyond ideas of what dance is. Through our bodies we connect to our inner world and to the world around us.

To further see what is going on beneath the surface, we also use Breath on the Ball, a special self-massage technique combined with connected breathing through the mouth. Our bodies store physical tensions originally caused by mental and emotional pain, usually from primal wounds or life traumas. When you roll areas of your body over these balls, and breathe deeply, the memories and emotions will come up to the surface so you can release them. After working with the ball and releasing the physical constrictions and associated emotions, energy in your body will flow more fully. The beauty of this technique is that you get to know your body very well, and see where tension is held, plus you regulate the pressure on each area where the ball goes.

After opening up through movement and breath on the ball, the breath sessions, which are the foundation of our training, take on a deeper quality. You will experience deeper layers of yourselves, and allow deeply suppressed energies and emotions to emerge. You will have dissolved layers of numbness, and can therefore become present to more subtle physical and emotional experiences. Over the course of the training you become able to contain and transform emotions and memories that come up, and to witness your experience, rather than go into catharsis or drama. Through breath you build an

increasingly larger container for your energy to flow without discharging it through many forms of escaping.

You will really look at how to harness and welcome the energy you have in order to become creative and joyful in your lives. You will have more capacity to be present with how things are in each moment in any life situation, with lessening resistance, and without trying to discharge energy. This is a tantric approach to life and to your body, fully sensing and receiving, with open senses. Also, this is what BioDynamic Breathwork is all about.

How is this training structured?

This is a 23-day group, including two days off. The training is split up into two parts; the first part can be taken as a 7-day intensive. The first part will focus on grounding work, basic breath sessions, dance processes to integrate the breathwork experience, body-opening movements, and heart-opening group exercises. We will explore past conditioning and process strong emotions.

In the second part, which is 16 days long, we will explore the masculine and feminine parts of ourselves, plus right and left sides of the body with Breath on the Ball, and then process what this work brings up through group sharing and self-exploration exercises. Participants will learn how to support each other in breath sessions on and off the ball, guide movement exercises, and hold space for emotional processing. The training will conclude with creating space for celebration, stillness, and meditation, a space which we will cultivate throughout the training.

Participating in groups can show us deeper aspects of ourselves, reflected to us by others. It is a precious gift to share a deep journey with fellow human beings and connect with others on a vulnerable open level, which includes everything in its rawness.

Also, the BioDynamic Breathwork Training is only complete with the foundation of OSHO's Active Meditations and Evening Meeting.

What makes taking this training at the Meditation Resort special?

The Buddha field that has been created here over so many years is so strong, and the love energy is palpable in every corner of this place. It is a gift to be in a space where all attention is on supporting meditation space, and where everything is done with clarity and commitment to offering the best of oneself. We really appreciate the setting and context that is provided for holding groups here. This place is very unique, because people from all around the world unite here for one main reason, personal growth and meditation. This makes our groups a richer experience since participants come from diverse backgrounds and with different conditionings to explore. And, OSHO Meditations are the basis of all the groups held here.

We strongly emphasize participation in OSHO Dynamic, Kundalini, and Evening Meeting every day of this training. These meditations are the foundation of the entire training and all our groups, and what we are sharing would be incomplete without the

space of meditation and integration afforded by OSHO's meditations. These meditations help the process to go deeper, and empower each individual to rely on themselves as a resource. Meditation is at our core, and the exercises we do in the training merely clear the space for its presence.

Is this group a therapy process?

Yes, this work is mainly body-oriented therapy. We look at the body and mind as one unit, as Osho calls it, the body-mind. Everything is one energy and interrelated. We are both trained therapists, and we utilize techniques that come from a space of going deeper into the body and sensation, rather than an analytical mind approach. We deal with early life and trauma processing, and create situations that are needed in the moment for the group to deepen their experience of themselves. Beyond that, we step aside to allow the natural power of the group and each individual to create transformation for itself, and we hold a safe space for it to happen.

Also, celebration is an underlying vibe for everything that we do. We nourish a sense of appreciation for life, and also self-love.

To us, self-love means total acceptance of everything presenting itself in each moment. All of it is a reflection of how we see ourselves. If we appreciate every angle of our experience, life becomes more juicy. This is what we view as real therapy.

Tell us why the music and dance you use in your group is so important:

We are both musicians and Djs. We often DJ in the Buddha Grove and for the Plaza parties at the Meditation Resort. The type of music and vibrations of the sounds that we pick really can bring people into a fuller experience. As far back as humans can trace, sound has been used world-wide as a tool for spiritual journeying and healing. So has dance! All cultures have strong dance traditions and have utilized music and dance as a means of expression, communion, spirituality, meditation, and celebration.

We pay close attention to this aspect of our work. Special pieces of music target specific vibrations and help move particular emotions. The quality of the sound itself is very important to us, as is the totality with which people can be taken over by music and dance.

How do participants prepare for this training, and what do you recommend they do after?

We feel it is great if participants can arrive at the Resort at least a week before the training so they can drop into the space and attend the meditations, especially Dynamic, Kundalini, and Evening Meeting. Following the training, it is ideal for participants to stay at least another week and do the meditations to allow for integration and processing. Once they are home, we strongly encourage that they continue meditating daily. Ideally, through this training all aspects of life can become a meditation. Through the training they will learn plenty of tools to practice in the market place, to keep them present and connected with themselves.

If participants have not experienced breathwork before, we invite them to take our 3-Day groups happening in the weeks before the training and intensive. They are: Your Body-Your Emotions: Body Rolling and Breath, and Breakthrough Breath and Dance. We also encourage participants to take individual breath sessions with us through the Multiversity, in the days before the training.

Is there anything else you would like to tell us about the training?

The BioDynamic Breathwork Training has long-lasting effects. Restructuring takes place at a cellular level, which affects all aspects of life. Participants will experience ripple waves, realizations, and processing for a long time after the training is over. There will be deep transformation beyond the mind: vulnerability, learning from others, connectedness, deeper intimacy and openness, seeing and being seen, and opening of the heart.