

INTEGRATIVE BREATHWORK

A JOURNEY WITHIN

PARTICIPANT INFORMATION PACKET | 2026-2027 SERIES

Led by **Lynne Forrest**
Co-facilitated by **Andrew Guilfoil**
Facilitator Trainee: **Shareea Woods**

The House of Zhor
6210 44th Street N, Suite 14, Lot 505
Pinellas Park, Florida 33781

Only ten participant places are available for each intimate workshop weekend.

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Friday Orientation • Saturday Breathwork Journey • Integration • Closing

Welcome to A Journey Within

Integrative Breathwork: A Journey Within is an intimate Friday-and-Saturday experience created for those who feel called to listen more deeply within themselves. Through conscious cyclical breathing, carefully selected music, supportive witnessing, creative integration, and a spiritually aligned container, participants are invited into a personal journey of self-awareness, emotional release, inner listening, and remembrance.

This is not simply a breathing class. Lynne Forrest and Andrew Guilfoil have spent their careers honoring the sacredness of the soul journey, the wisdom of the body, personal responsibility, and the importance of allowing each participant's experience to unfold without judgment or force.

A Rare and Extraordinary Opportunity

These intimate weekends offer a rare opportunity to work and process directly with Lynne Forrest, one of the early breathwork practitioners trained directly with Dr. Stanislav Grof. Lynne brings decades of experience holding deep transformational journeys, and her direct availability in this form is now limited.

With only ten participants, each person receives a highly personal experience with time for individual attention, preparation, integration, and closing-circle processing directly with Lynne. This small-group setting is central to the depth and special nature of the workshop.

Choose Your Workshop Weekend

Workshop	Friday Orientation	Saturday Journey
1	October 2, 2026	October 3, 2026
2	November 13, 2026	November 14, 2026
3	January 8, 2027	January 9, 2027
4	January 29, 2027	January 30, 2027

Venue

The House of Zhor

6210 44th Street N, Suite 14, Lot 505
Pinellas Park, Florida 33781

The House of Zhor is an intimate sanctuary for art, spirituality, education, ritual, healing, transformation, and authentic human connection. The facility provides a private workshop environment, bathroom, seating, pillows, sound equipment, lighting, and microphones.

Space is not held by inquiry alone. A place is reserved only after acceptance into the workshop and receipt of the required deposit.

Your Facilitators

Lynne Forrest

Lynne Forrest is a transformational teacher, author, certified breathwork facilitator, and spiritual guide with more than 45 years of experience in personal healing and consciousness work. Her teaching draws from mental health, family systems, addiction and Twelve-Step recovery, codependency work, transpersonal psychology, breathwork, ancient spiritual principles, and decades of guiding people beyond victim consciousness.

Lynne trained directly with Dr. Stanislav Grof and later continued her training with Jacquelyn Small. For more than eleven years, she served on staff in intensive six-day and fourteen-day transformational workshops, helping to hold sacred and supportive space for emotional healing, body-trauma release, expanded consciousness, spiritual awakening, and personal transformation.

Her presence in this ten-person format gives participants an uncommon opportunity for direct guidance and personal processing with a deeply experienced teacher from the early lineage of this work.

She is widely known for her work on the victim triangle and for teaching the principles presented in her book *Beyond Victim Consciousness*. Her work invites people to recognize unconscious patterns, take responsibility for their inner experience, reconnect with the authentic Self, and live from greater spiritual alignment.

Andrew Guilfoil

Andrew Guilfoil is a metaphysical teacher, minister, spiritual speaker, sacred-movement teacher, performer, energy practitioner, and longtime student of transformational breathwork. He began experiencing intensive breathwork in 1989, when it became one of the most profound healing experiences of his life. His personal work continued throughout the 1990s and into the early 2000s.

Andrew learned directly from his mother, Lynne Forrest, and assisted her in more than 35 workshops as an assistant facilitator, bodywork intuitive, and therapist supporting body-trauma release. His career has centered on consciousness, ancient symbolism, spiritual alignment, energy, movement, and the sacred relationship between body, mind, and spirit.

Through the House of Zhor, Andrew creates intimate experiences that bring together spirituality, teaching, art, ritual, healing, and human connection. He is honored to return to this work in collaboration with his mother and earliest spiritual teacher.

Shareea Woods

Shareea Woods joins the workshop team as the confirmed Facilitator Trainee. Working under the guidance of Lynne and Andrew, she accompanies the team throughout the weekend and assists with participant care, preparation, workshop flow, integration, and the respectful holding of the sacred container.

How the Weekend Will Flow

The Friday orientation and full Saturday program form one complete experience. Friday orientation begins at **6:00 PM**, and the Saturday workshop begins at **9:00 AM**. Participants are expected to attend both days and remain through the Saturday closing.

Friday Evening - Orientation Begins at 6:00 PM

- Arrival, welcome, and light refreshments before the 6:00 PM orientation begins.
- Introductions to Lynne, Andrew, Shareea, and the other participants.
- The lineage, spiritual foundations, and intention of Integrative Breathwork.
- What participants may experience physically, emotionally, and spiritually.
- The supportive relationship between the breather and sitter.
- Safety, confidentiality, personal boundaries, touch and bodywork consent, and the freedom to slow or stop at any time.
- Personal intentions, questions, preparation, and grounding for Saturday's journey.

Saturday Morning - Workshop Begins at 9:00 AM

- Arrival and a light breakfast before the workshop begins promptly at 9:00 AM.
- At 9:00 AM: opening circle, grounding, room orientation, and final preparation.
- Participants form pairs. One partner begins as the breather while the other serves as a supportive sitter.

Saturday Breathwork Sessions

- The morning breathwork journey is 70 minutes, supported by carefully selected music and facilitator presence.
- The group pauses for hydration, rest, reflection, and a light lunch.
- After lunch, partners exchange roles for the afternoon 70-minute breathwork journey.
- Supportive touch or bodywork is never automatic; it is offered only when appropriate and with specific participant consent.

Saturday Evening - Integration and Completion

- Creative integration through art, mandala work, writing, quiet reflection, or another guided practice.
- A confidential sharing circle in which participants may speak about their experience without interpretation or judgment.
- Aftercare and integration guidance for the days following the workshop.
- A sacred closing that honors each person's experience and completes the weekend container.

Friday orientation begins at 6:00 PM and the Saturday workshop begins at 9:00 AM. Recommended arrival windows and the Saturday closing time will be provided in the registration confirmation and participant preparation email.

What Your Registration Includes

- Complete Friday orientation and refreshments.
- Full Saturday program with one 70-minute morning journey and one 70-minute afternoon journey after lunch.
- Light Saturday breakfast and light Saturday lunch.
- Use of the House of Zhor facility, seating, available pillows, sound and lighting environment.
- Music-supported breathwork, facilitator presence, and supervised trainee support.
- Mandala materials, art supplies, creative integration materials, and closing circle.
- Pre-workshop screening and preparation communication.
- Post-workshop integration guidance.

Tuition and Reservation

Registration	Total	Deposit to reserve	Balance due 14 days before
One workshop: early bird - 20% off first 3 weeks	\$400	\$225	\$175
Regular tuition	\$500	\$225	\$275

Only ten paid participant places are available for each weekend. When those places are reserved, the workshop is closed. A waiting list may be offered for selected dates.

Each listed weekend is one separate workshop. Regular tuition is \$500 per person for one workshop. The \$400 early-bird price is a 20% discount for one workshop and is available only during that workshop's first three registration weeks. It is not a price for three workshops or for the full series. All deposits and workshop fees are non-refundable. Because advance screening is required, walk-in participation cannot be guaranteed.

Registration Process

Step	What happens
1. Book online	Visit www.thehouseofzhor.com and select Integrative Breathwork: A Journey Within. Choose your preferred weekend and date.
2. Email and payment link	Receive an email confirmation with the secure link used to pay the \$225 deposit, the full tuition, or a remaining balance.
3. Deposit or full payment	Pay the \$225 reservation deposit to secure an approved place, or pay the entire workshop tuition.
4. Private forms	Receive and complete the medical and mental-health screening, acknowledgment, release, and emergency-contact information.
5. Screening conversation	Speak privately with a facilitator when required. Professional medical or mental-health clearance may be requested.
6. Final balance	Pay the remaining balance no later than 14 calendar days before the Friday orientation.
7. Preparation	Receive the final schedule, what-to-bring list, food information, and preparation guidance.

All workshop payments must be made through the payment link sent to the valid email address provided during booking at www.thehouseofzhor.com.

Traveling to the House of Zhor

Participants are responsible for airfare, lodging, airport transfers, and transportation to and from the workshop. Please allow enough time to arrive rested before the Friday orientation and avoid scheduling a rushed departure immediately after Saturday's closing.

Recommended Airports

Tampa International Airport (TPA)

The best general choice for travelers who want the broadest selection of domestic and international flights. Tampa International currently lists service to more than 100 destinations. Participants should compare flight times, baggage terms, ground transportation, and total fare.

[Visit Tampa International Airport](#)

St. Pete-Clearwater International Airport (PIE)

A convenient option for many travelers using Allegiant. PIE advertises more than 60 nonstop destinations, but service is route-specific and may operate only on selected days. Confirm that flights align with the Friday orientation and Saturday completion before booking.

[Visit St. Pete-Clearwater International Airport](#)

Recommended Hotels

Primary practical recommendation - Hampton Inn Pinellas Park St. Petersburg

3845 Park Boulevard N, Pinellas Park, FL 33781

A convenient Pinellas Park option with complimentary hot breakfast, Wi-Fi, parking, an outdoor pool, and fitness center.

[Official Hampton Inn page](#)

Additional nearby option - Country Inn & Suites by Radisson

8050 US Highway 19 N, Pinellas Park, FL 33781

A practical local option generally offering breakfast, parking, Wi-Fi, and an outdoor pool. Verify current amenities and availability directly when booking.

[Search current hotel information](#)

Distinctive St. Petersburg experience - Hollander Hotel

421 4th Avenue N, St. Petersburg, FL 33701

An eclectic downtown boutique hotel with free parking, pool, restaurant, and access to downtown shops, museums, and the waterfront. Guests should plan to drive or use a rideshare to the workshop.

[Official Hollander Hotel page](#)

Hotel rates, policies, amenities, and availability change. These recommendations are provided as a courtesy and do not constitute room blocks, guarantees, or endorsements. Participants book and pay hotels directly.

Preparation, Screening, and Care

Intensive breathwork can produce strong physical sensations, emotional expression, and expanded states of awareness. Every participant must complete confidential medical and mental-health screening before final participation is approved.

Professional clearance may be required for conditions involving the heart, blood pressure, lungs or breathing, seizures or neurological health, glaucoma or retinal concerns, pregnancy, recent surgery or injury, significant psychiatric history, serious medical treatment, or other circumstances that may affect safe participation.

The workshop is educational, experiential, and spiritual in nature. It is not medical treatment, psychotherapy, psychiatric care, crisis care, diagnosis, or a substitute for care from licensed professionals. No particular physical, emotional, spiritual, or therapeutic outcome is promised.

Please Do Not

- Stop or change prescribed medication for the workshop unless directed by the prescribing clinician.
- Attend while experiencing acute illness, fever, contagious infection, intoxication, or active substance withdrawal.
- Withhold relevant medical or mental-health information from the private screening process.
- Photograph, record, or publicly identify another participant or their experience.

Please Plan To Bring

- A yoga mat.
- A refillable water bottle and any personally required medications.
- Your favorite pillow and blanket.
- Loose, comfortable clothing suitable for lying down, breathing, resting, and gentle movement.
- A journal and pen, if desired.
- An open mind, respect for confidentiality, and willingness to honor your own boundaries.

Materials We Provide

- Mandala-making materials.
- Art and creative-integration supplies.
- Other workshop materials needed for the facilitated experience.

Your Next Step

Book your preferred weekend at www.thehouseofzhor.com under *Integrative Breathwork: A Journey Within* using a valid email address. Your emailed payment link may be used for the deposit, remaining balance, or full payment.

Workshop information and booking:

The House of Zhor

6210 44th Street N, Suite 14, Lot 505

Pinellas Park, Florida 33781

Telephone: 727-248-5953

www.thehouseofzhor.com

The medical screening, informed acknowledgment, and release are maintained as a separate confidential document and are provided after the reservation deposit is paid.