

INTEGRATIVE BREATHWORK

A JOURNEY WITHIN

A sacred Friday-and-Saturday journey of breath, music, healing and remembrance

Led by Lynne Forrest • Co-facilitated by Andrew Guilfoil

with Shareea Woods, Facilitator Trainee

2026

OCTOBER 2-3 • NOVEMBER 13-14

2027

JANUARY 8-9 • JANUARY 29-30

ONLY 10 PARTICIPANT PLACES

ONE WORKSHOP: EARLY BIRD \$400 • REGULAR \$500 • \$225 DEPOSIT

PER PERSON • PER WORKSHOP • ALL PAYMENTS ARE NON-REFUNDABLE

Friday Orientation & Refreshments • Saturday Journey • Light Breakfast & Lunch Included

THE HOUSE OF ZHOR

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

BOOK AT WWW.THEHOUSEOFZHOR.COM • INTEGRATIVE BREATHWORK: A JOURNEY WITHIN

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LYNNE FORREST

Lynne Forrest is a transformational teacher, author, certified breathwork facilitator and spiritual guide with more than 45 years of experience in consciousness and personal healing. Her background includes mental health, family systems, addiction and recovery, codependency, transpersonal psychology, breathwork and ancient spiritual principles.

She trained directly with Dr. Stanislav Grof and later with Jacquelyn Small, serving for more than eleven years on staff in intensive six-day and fourteen-day transformational workshops. Known for Beyond Victim Consciousness, Lynne helps people recognize unconscious patterns, move beyond the victim triangle, reconnect with the authentic Self and live from greater spiritual alignment.

ANDREW GUILFOIL

Andrew Guilfoil began intensive breathwork in 1989, when it became one of the most profound healing experiences of his life. His personal work continued through the 1990s and into the early 2000s. He learned directly from Lynne and assisted her in more than 35 workshops as an assistant facilitator, bodywork intuitive and therapist supporting body-trauma release.

A metaphysical teacher, minister, spiritual speaker, sacred-movement teacher, performer and energy practitioner, Andrew has devoted his career to consciousness, ancient symbolism, spiritual alignment and the sacred relationship of body, mind and spirit. He created the House of Zhor as an intimate sanctuary for spirituality, art, healing, ritual and human connection.

THE JOURNEY

This is more than a breathing class. Conscious cyclical breath, evocative music, supportive witnessing and creative integration invite a personal journey of inner listening, emotional release, self-awareness and remembrance. Only ten participants are accepted so the experience can remain intimate and carefully held.

FRIDAY EVENING

Welcome and refreshments • lineage and spiritual foundations • safety and consent • breather-and-sitter roles • intentions, questions and preparation for Saturday.

SATURDAY

Light breakfast • opening and grounding • two facilitated breathwork sessions with partners exchanging breather and sitter roles • light lunch • creative integration • confidential sharing • aftercare guidance and sacred closing.

YOUR REGISTRATION INCLUDES

Friday refreshments, Saturday light breakfast and lunch, complete facilitated program, music-supported breathwork, mandala and art materials, integration supplies and participant preparation guidance.

BRING: Yoga mat • water bottle • favorite pillow • blanket • loose comfortable clothing

ONLY 10 PLACES PER WORKSHOP • ADVANCE SCREENING REQUIRED

Each date is a separate workshop. Tuition is per person, per workshop.

Each weekend is a separate workshop. \$400 is the 20%-off early-bird price for one workshop during its first three registration weeks.

Book on the House of Zhor website with a valid email; your secure payment link will be emailed to you.

All deposits and fees are non-refundable • 727-248-5953 • thehouseofzhor.com

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