



Seminars in „Haus am Mühlenbach“ 2024

The schedule

Thursday we start at 6:30 pm with preparations for dinner. After dinner we meet in the group.

Friday we will have a day with transpersonal topics, practice and skills. In the evening there will be an introduction to Grof Breathwork and the opportunity to ask any questions that arise.

On *Saturday* the two breathing sessions will take place (duration approx. 3 hours per session), with a two-hour lunch break in between. After dinner, we will come together again briefly for a "flash".

On *Sunday* morning there will be a "sharing" where you share your breathing sessions. If there are still open questions or unfinished business from the process, there is still time for that here. We will also answer supervision-questions. We will finish between 12 and 1 pm, depending on the number of participants. If you like, you can stay for leftovers.

When we have a **double Breathwork-Seminar**, we start on Thursday with the introduction and will have on Friday and Saturday two breathing sessions.

During the seminar we will have a cook. The costs for food we will divide through all participants. It would be great if everyone could help in the kitchen. That way we can keep the costs low.

The costs

The whole seminar costs 370 €. If you want to come only Friday evening to Sunday lunch: 240 €.

Accommodation costs: Single room 30 €, double room 24 €, shared room 22 € per night. Tourist tax 2,30 € per night.

Please transfer the seminar fee previously via the website of the Transpersonal Training School – you find the seminars in the Western schedule (<https://transpersonal-training.com/schedule/#tab-id-2>) or to my bank account:

K. Wortelkamp, IBAN: DE85 6805 0101 0001 4239 30, BIC: FRSPDE66XXX

Purpose of use: Seminar + date

The number of participants is limited. With the transfer a place in the seminar is secured. In case of cancellation up to 2 weeks before, I have to retain 30 € organization costs. After that, half of the seminar costs, unless a substitute participant is provided.

Please bring along:

- Eye cover (scarf, better: sleeping mask)
- Drawing materials and paper (if you can transport it - I will bring material, too)
- Bedding (can also be borrowed for 10 €), towels
- Fitted sheet, possibly your own pillow and blanket for the mattress in the breathing session
- Kleenex or kitchen roll (I will bring, too)
- An object for the center, if desired
- **Slippers (especially necessary in winter!)**

The seminar location

Adress: Haus am Mühlenbach in Todtmoos Au

Mühlematt 6

79682 Todtmoos-Au

<http://www.haus-am-muehlenbach.de/> (The website is outdated and in German.)

Mobile phone reception is usually only possible outside, Wifi is available and free.



ARRIVAL

Train & Bus: To Basel Bad (Badischer Bahnhof), from there change to the local train in the direction of Waldshut. Get off at the destination station Bad Säckingen and take the bus (line 7320) to Todtmoos-Au, where the seminar house "Haus am Mühlenbach" (HaM) is located.

Here you can find actual connections: <https://int.bahn.de/en>

By Car: A5 towards Basel as far as the Weil am Rhein junction. Continue on the A98 to Lörrach, then on the B317 to Schopfheim. From there on the B518 to Wehr. From Wehr to Todtmoos on the L148. The first village after the Wehratal gorge is Todtmoos-Au. The first road on the right leads up the hill to the "Haus am Mühlenbach". Take the next left. The last house on the right is the seminar house "Haus am Mühlenbach" (HaM).

Flight: Basel/Mulhouse and Zurich airports are an hour's drive away. It is also possible to come to Todtmoos Au by local public transport, but it is quite complicated. You find connections here: <https://int.bahn.de/en> (Insert "Basel Flughafen" and "Todtmoos Au"). Leave the airport on the Swiss side.

Buses from Airport Basel/Mulhouse to Freiburg: <https://www.flixbus.de/>. Leave the airport on the French side.

I will open the mailinglist of the participants to everybody, so that you might connect and drive together.

My Contact

Kati Wortelkamp, Kollmarsreuterstr. 13, 79312 Emmendingen, mobil 0176 380 345 17, (maybe it needs time, to notice your call, when I am already in the seminar house)

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www.holotropatmen.de