



EastWest Transpersonal

TRAINING SCHOOL

Seminar Nov/ Dec in Haus am Mühlenbach

The schedule

Thursday we start at 6:30 pm with the dinner. Afterwards we meet in the group, dance a little bit and have an introduction in Holotropic Breathwork.

Friday we will have two breathing sessions (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".

Saturday we have a short walk in nature or dance (depending on the weather) before breakfast. Then we will have again a short flash about yesterday's sessions. Stephan Schillinger will give an introduction to the session on Saturday. In the afternoon we will have the session and after dinner again a flash.

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

As we try to have low costs, everyone is asked to help out in the kitchen.

The costs

The whole seminar costs 370 €, half price for only the first session or the second session. Please transfer the seminar fee previously to my account:

K. Wortelkamp, IBAN: DE85 6805 0101 0001 4239 30, BIC: FRSPDE66XXX. Purpose: EastWest Transpersonal Training School

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

The costs of the food we will share on site, it will be maximum 50 €, normally less. We have a cook.

Accommodation and food we will pay on site. Please bring the money in notes that are not too large...

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 also bring material with me)
- 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 also)
- 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.

Map



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.

Busses 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

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(maybe it needs time, to notice your call, when I am already in the seminar house)
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