



EastWest Transpersonal

TRAINING SCHOOL

Seminar 18 .- 23. February 2025 in Todtmoos

Double Holotropic Breathwork

Jure Biechonski: „From Regression to Progression“

The schedule

Tuesday, 18.02.: 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.

Wednesday, 19.02.: Dance or walk in the nature. After breakfast 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".

Thursday, 20.02.: Same program like Wednesday.

Friday, 21.02.: Dance or walk in the nature. After breakfast short sharing group, than Jure Biechonski will work with the group. After dinner, there is more room for integration the breathwork sessions in a sharing.

Saturday, 22.02.: Short walk in nature or dance (depending on the weather) before breakfast, than Jure Biechonski will work with the group. If there are still open questions or unfinished business from the processes, there is the time.

Sunday, 23.02.: Jure Biechonski will work with the group until afternoon. We will finish at 5 pm. 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 740 €. If you want to take part only in breathwork or only in Jure's work it costs each 370 €. Students of the training will get price reduction. 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 80 €, normally less. We have a cook, at least from Wednesday to Sunday. Maybe for Tuesday and Wednesday over the day, we have to cook all together.

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 and warm clothes**

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.)

Tel. +49 (0)76 74/10 11

info@haus-am-muehlenbach.de



It is possible to arrive one or more days before or after the seminar. If this is desired, please contact me or the seminar house.

Mobile phone reception is usually only possible outside, WIFI is available.

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 Todtmoss Au by local public transport, but it is quite complicate. You find connections here: <https://int.bahn.de/en> (Insert "Basel Flughafen" and "Todtmoos Au". Leave the airport on the Swiss side.

The bus route 50 goes to Basel SBB (Swiss railroad station), leave the airport at the Swiss site. In Basel SBB you find trains to Schopfheim, trarin line SBB S6. Schopfheim is quite near the seminar house. From Schopfheim you can take a taxi or somebody from the seminarhouse will pick you up.

Busses from Airport Basel/Mulhouse to Freiburg: <https://www.flixbus.de/>. Leave the airport on the French side. Maybe from Freiburg you can get a lift of other participants.

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)

k.wortelkamp@posteo.de

www.holotropatmen.de