



EastWest Transpersonal

TRAINING SCHOOL

Dear friends, dear students, dear interested!

With this newsletter, I would like to inform you about the next seminars in the EastWest Transpersonal Training School.

03. to 06. April 2025: Double Holotropic Breathwork in Todtmoos with Ursula Boger

This seminar is in German, to give my former, only German-speaking participants the opportunity to breathe holotrop again. Of course, other participants are also welcome. There are already some registrations from students of the school and others.

In the seminar you have the opportunity to “breathe” twice and be a sitter twice. In this format, you can immerse yourself even more deeply in the processes. We have three nights in the seminar house and you don't have to return to everyday life so quickly.

Around the breathing processes there will be dancing, experiencing nature and delicious food as well as wonderful encounters in the group.

Tamara will provide us with vegetarian food - if you want to eat vegan or have any intolerances, please let us know in advance. As this service is free of charge for you and Tamara is taking part in breathing, I expect **everyone to help** in the kitchen. ☺☺

We start Thursday evening with dinner at 6.30 pm and finish on Sunday around 12.30 pm. If you want, you can eat leftovers and land slowly.

If there are still places available, participation is also possible from Friday evening dinner to Sunday.

Costs

The seminar costs €370. Plus board and lodging: maximum €150. The money for board and lodging will be collected on site.



Seminar 01. - 06. July in Todtmoos/ Germany Double Holotropic Breathwork and Seminar with Rainer Pervöltz about "The Central"

1) Breathwork: We start from Tuesday evening, 01.07., to Friday morning, 04.07., with four breathing sessions. The format is as described above in the April seminar.

2) The seminar with Rainer Pervöltz on "The Central" begins on Friday afternoon. Rainer is therapist, author, Co-director of the "International Institute of Consciousness Exploration and Psychotherapy". He is my esteemed teacher in transpersonal skills (including dreambody work, Gestalt, Bodywork) and one of my supervisors today.

I am delighted that he has agreed to come to Todtmoos. Rainer has already trained many transpersonal therapists and accompanied even more clients with his inimitable manner and humor. Rainer has opened my eyes to many unconscious patterns, but also to my "essence".

Unfortunately, he steadfastly refuses to give Zoom lectures. This makes his presence in July all the more valuable.

[Rainer's homepage in German, English and French](#)

Costs

Both seminars cost €740 €. Only breathwork costs €370, only Rainer's seminar also €370. Plus board and lodging: maximum €220 for 5 nights. The money for board and lodging will be collected on site. Tamara will cook for us.

Costs for Students

Rainer's seminar is included in the fee for module 6, the Double Breathwork not. For students it will cost €270 - last seminar in February I was much to cheap and could even not cover the costs that I had with the other teachers and the seminarhouse. ☐



All Dates 2025 in Todtmoos

01.-06.Juli 25 English	Double Grof Breathwork (01.-04.07.25) Costs: 370 € Seminar with Rainer Pervöltz: The Central (04.-06.07.25) Costs: 370 € Both: 740 € Plus Board and Lodging
28.-31.August 25 German	Doppeltes Holotropes Atmen Kosten: 370 € Plus Unterkunft und Essen, maximal 150 €
16.-21.September 25 English	Double Grof Breathwork in Todtmoos/ Au (16.-19.09.25) Costs: 370 € Seminar with Charlotte Kihl: Psychosynthesis (19.09-21.09.25) Costs: 370 € Both: 740 €
20.-23. November 25 English	Holotropic Breathwork and Seminar with Dr. Stefan Dressler Costs: 370 € Plus Board and Lodging

12.-14. Dezember 25
Deutsch

Holotropes Atmen/ Grof Breathwork
mit Ursula Boger
Kosten: 240 €
Plus Unterkunft und Essen, ca. 90 €

Dates elsewhere:

01.-03. August 25
English/ Russian

Grof Breathwork in the Institute of
Transpersonal Education in Riga/ Latvia
Assistance: Sigits Duduris
[More informations](#)

08.-10. August 25
English/ Russian

Grof Breathwork in the Institute of
Transpersonal Education in Riga/ Latvia
Assistance: Sigits Duduris
[More informations](#)

Current Program West EastWest Transpersonal Training School

Sorry for this long newsletter! 😊

Warm greetings, Kati Wortelkamp (Head West)

If this message is not displayed correctly, click [here](#).

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