



Kati Wortelkamp
holotropatmen.de

Seminar 01. - 06. July 25 in Todtmoos/ Germany

Holotropic Breathwork and

Workshop with Rainer Pervöltz about "The Central"

Language: English

1) Holotropic/ Grof Breathwork

We start Tuesday 01.07. with dinner at 6.30 p.m. and finish on Thursday lunch time. We will be an international group. At Tuesday you will get an introduction to Holotropic Breathwork.

In the seminar you have the opportunity to be a “breather” and to be in the role of a sitter.

Around the breathing process, that last about 3 or 4 hours, there will be dancing, exercises, experiencing nature and wonderful encounters in the group. On Thursday afternoon, we will conclude this part of the seminar.

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 the breathing process, we ask everyone to help in the kitchen. 🤔🙏👉

You will be accompanied by me and a facilitator who is also certified in Holotropic Breathwork.



2) Workshop with **Rainer Pervöltz** on “The Central”

It begins on Thursday evening and will take until Sunday evening. Rainer is therapist, author and Co-director of the "International Institute of Consciousness Exploration and Psychotherapy" in Wittnau near Freiburg.

He is my esteemed teacher in transpersonal skills (including dreambody work, Gestalt, Bodywork) and my supervisor.

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”. He will show you how to work with „The Central“ and dream body so that you can use it for yourself and with your clients.

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

About the workshop [„The Central“](#)

Rainer’s books ([Amazon](#))

Costs

Both events: €740 €, only breathwork: €240, only Rainer's workshop: €500.
Plus board and lodging: maximum €220 for 5 nights.

Location: Haus am Mühlenbach, Mühlematt 6, 79682 Todtmoos-Au
<http://www.haus-am-muehlenbach.de/> (The website is outdated)

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