



Holotropic Breathwork and Seminar with Lyudmila Skartsesku „How to work with Groups“ 01.-05.07.2026

The Schedule

Wednesday we start at 6:30 pm with the dinner. Afterwards we meet in the group.

Thursday we have two Holotropic Breathwork sessions - duration approx. 3 hours per session - with a two-hour lunch break in between. After dinner, we will come together for a "flash".

Friday after sharing Lyudmila will teach skills and offer exercises for how to work with groups.

Saturday: like Thursday

Sunday: sharing and integration. We will finish between 11am and 1 pm, depending on the participants. Sometimes some of them have to leave early to catch a flight. If you like, you can stay for leftovers.

The Costs

The seminar costs 550 €.

For experienced "Breathers" it is possible to take part, only in two breathwork sessions (one as a breather and one as a sitter) for 185 €. But it is mandatory to sleep two nights in the seminar house than.

Accommodation costs: Single room 32,30 €, double room 26,30 €, shared room 24,30 € per night. Tourist tax included.

Please transfer the seminar fee previously to my account:

Karin Wortelkamp, IBAN: DE85 6805 0101 0001 4239 30, BIC: FRSPDE66XXX. Purpose: Seminar July (or Breathwork July)

The number of participants is limited. With the transfer your 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!)**

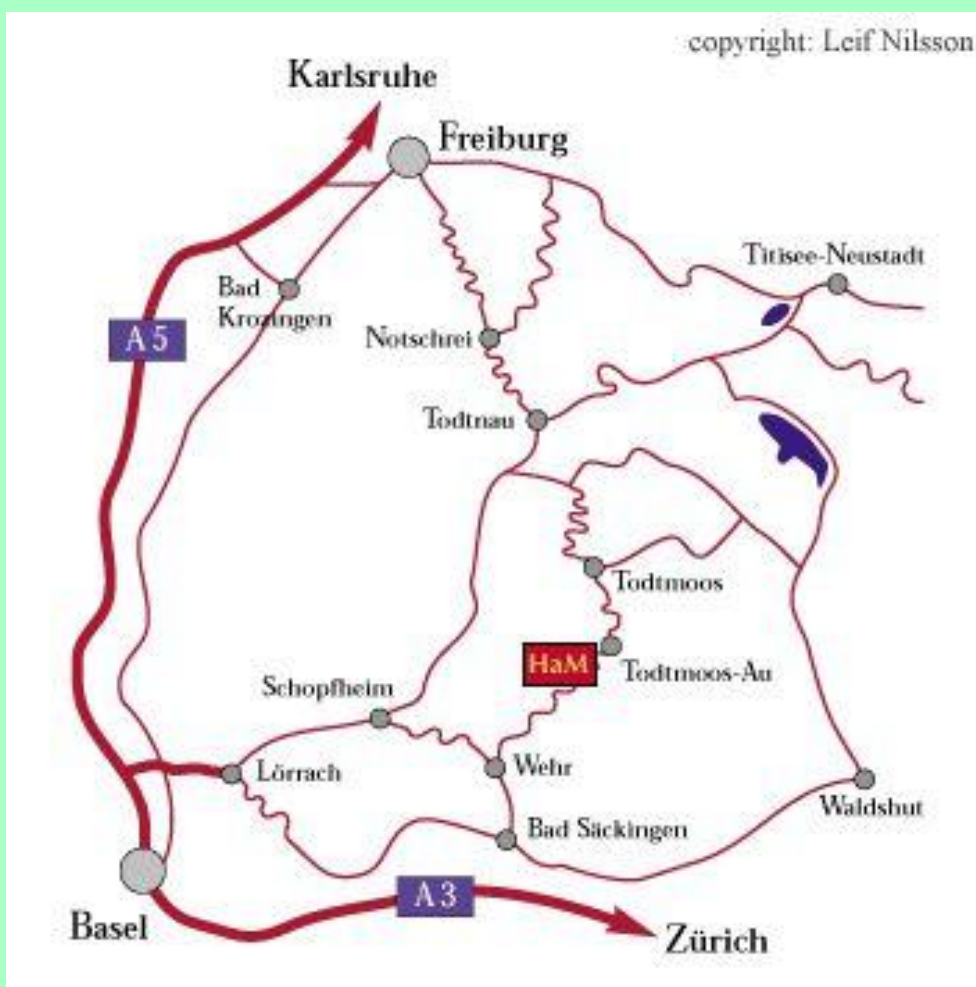
The Seminar Location

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 (The website is outdated and in German.)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 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.

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

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