



EastWest Transpersonal TRAINING SCHOOL

Waiting for Februar 6th!

Dear friends,

the beginning of our exciting training is getting closer and we look forward to working with you! In September and the first days of October we had a very inspiring time. First there was the "Intensive" for our Eastern students in Chisinau/ Moldova with Holotropic Breathwork and an ethnobotanic ceremony together with our teacher [Lilian Gscheidel](#). Some days later we had a Zoom on the topic of integration with our teacher [Stephan Schillinger](#).

Than Lyudmila travelled to Spain to take part in a training about integration of psychedelic experiences - because nowadays many young people attend festivals, take psychedelics and fall into psychosis because they are unprepared and without professional guidance, take too high doses or questionable substances and are overwhelmed by their experiences. This will be also a topic in our training.

Finally, from October 4 to 8, the conference of the European Transpersonal Association was held. Lyudmila and Kati met a lot of our teachers there - Bernadette Blin, Serge Beddington-Behrens, Pier Luigi Lattuada, Jure Biechonski, Mario Lorenzetti, Stephan Schillinger, Ingrida Indane, Tina Lindhard and Rainer Pervöltz. You find a description of them, their qualifications and vitae on our [homepage](#).

Below is a photo from Lyudmila, Stephan Schillinger and Kati at the Conference.



Intensives

For our intensives next year, we have won beside Lyudmila ("Integrative Technologies") and Mario Lorenzetti ("Shamanism") Lilian Gscheidel and Stephan Schillinger. Lilian will teach "Gestalttherapy in a Transpersonal View" and Stephan will speak about his work in Psychedelic integraion. Also we will have practice in our intensive seminars with them.

Last Thursday Kati spoke about Grof's extended map of the Psyche. Based on his decades of research with LSD and Holotropic Breathwork, Stan Grof developed an expanded map of consciousness. Above all, he discovered that we all could not process the dramatic experiences around our birth - because they emerge regularly in "holotropic" states of consciousness and want to be processed.

Another important discovery was the so-called COEX systems. This refers to experiences on several levels of consciousness that evoke the same physical, emotional and psychological sensations and determine our view of life. These experiences can be biographical, perinatal or transpersonal.

More about this topic in our training...



We are really looking forward to you! Kati & Lyudmila

If you have any questions, please contact us:
office@transpersonal-training.com

[or simply answer to this mail.](#)

Very warm greetings!

Kati Wortelkamp, Head West, and Lyudmila Skartsesku (Head East)

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