



# EastWest Transpersonal TRAINING SCHOOL

Dear friends, dear students, dear interested!

These are the upcoming events:

**01.-03.08. and 08.-10.08.25**  
**Double Grof Breathwork in Riga/ Latvia**  
with Kati Wortelkamp and Sigits Duduris (Assistance)

This Holotropic resp. Grof Breathwork is part of a specialized program with internship in Riga offered by EastWest Transpersonal Training School (Germany) in cooperation with PTC "TRANSPERSONAL EDUCATION INSTITUTE", Riga.

It is intended for students and graduates of the TII core programme "Transpersonal Approach Methods and Counselling". This practical class provided by EastWest Transpersonal Training School in cooperation with Transpersonalas Izglitibas Instituts (TII), Riga. The programme is supervised by certified Holotropic Breathwork Facilitators Kati Wortelkamp from Germany and Lyudmila Scortescu from Moldova.

Information about the internship in Riga: mob. 00371 29528591 (Ingrida Indāne - TII Director, coordinator of this internship in Latvia).

**If you wish to participate in the Holotropic Breathing group in Latvia as a participant only, please contact Maria Sorokina, Holotropic Breathing coordinator at EastWest Transpersonal Training School in Latvia (mobile 00371 29171400).**

Costs: 120 € per day

Language: English/ Latvian

By the way: August is the best month to visit Latvia!



## 28. to 31. August 2025: Double Holotropic Breathwork in Todtmoos with Kati Wortelkamp and Ursula Boger

This seminar is in German.

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, we expect **everyone to help** in the kitchen. ☺☺☺

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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.



## **16. - 21. September in Todtmoos/ Germany Double Holotropic Breathwork & Seminar with Charlotte Kihl about Psychosynthesis**

**1) Breathwork: We start Tuesday evening, 16.09., and end Friday lunchtime, 19.09. We have four breathing sessions. Seminar leader: Kati Wortelkamp & Assistance.**

**2) The seminar with [Charlotte Kihl](#) on Psychosynthesis begins on Friday afternoon and lasts until Sunday afternoon.**

**Psychosynthesis is one of the first techniques of Transpersonal Psychotherapy, developed by Roberto Assagioli. The method refers to dreams, instincts and other forms of the unconscious.**

**Charlotte Kihl from Stockholm/ Sweden is a member of [PsF](#) (Psykosyntesföreningen) and [ICF](#) (International Coach Federation). She is also a member of [EPA](#) (European Psychosynthesis Association) and [EUROTAS](#) (Global Transpersonal Network). She has a lot of experience in this field and a beautiful energy.**

I would say she is also a shaman.

### **Costs**

**Both seminars cost €740 €. Only breathwork costs €370, only Charlotte'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 of the EWTTS

Charlotte's seminar and two breathwork sessions (one as a breather, one as a sitter) are included in the fee for module 7. If you want to start already and Tuesday, the fee is additional 180 €.



### All Dates 2025/26 in Todtmoos

28.-31.August 25 <b>German</b>	<b>Doppeltes Holotropes Atmen</b> Kosten: 370 € Plus Unterkunft und Essen, maximal 150 €
16.-21.September 25 <b>English</b>	<b>Double Grof Breathwork</b> in Todtmoos/ Au (16.-19.09.25) Costs: 370 € <b>Seminar with Charlotte Kihl:</b> <b>Psychosynthesis</b> (19.09-21.09.25) Costs: 370 € Both: 740 € Plus Board and Lodging

19.-23. November 25 <b>English</b>	<b>Double Holotropic Breathwork</b> (one with Stefan Dressler) and <b>Seminar with Dr. Stefan Dressler</b> Costs: 550 € Plus Board and Lodging
12.-14. Dezember 25 <b>Deutsch</b>	<b>Holotropes Atmen/ Grof Breathwork</b> mit Ursula Boger Kosten: 240 € Plus Unterkunft und Essen, ca. 90 €
03.-05. April 26 <b>English</b>	<b>Intensive with Nicolas Cambas. "Harmony in Shadows"</b> Details will follow
02.-05. July 26 <b>English</b>	<b>Intensive with Lyudmila Skartsesku: Working with a Group</b> Details will follow

Have a beautiful summer! Warm greetings, Kati Wortelkamp (Head West)

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

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