



Dear friends, dear students, dear interested!

I would like to inform you about upcoming seminars and events at our school.  
Save the dates! ☐

-----  
-----

## **03.-10. November 2025**

### **Expedition to Colombia**

Within the framework of our School we are organizing an expedition to the Heart of the Andes from November 3 to 10, 2025.

#### **„Call of the Ancestors: Journey to the Sources of Ancient Wisdom“**

to one of the most mysterious and beautiful places on our planet.

Colombia is not just a country, it is a living museum of humanity, where indigenous people still hold the keys to secrets that the modern world has forgotten. As part of our expedition, we will meet one of the most ancient people of America - the Emberá tribe.

The Emberá are living keepers of knowledge that has been passed down from generation to generation for thousands of years. Their shamans master the art of communicating with plant teachers - those very forces of nature that modern science is only beginning to understand and recognize. We will take part in the Sacred Ceremony of the Cleansing Altar and get acquainted with the tools that indigenous peoples use to communicate with the spiritual world and gain knowledge.

This journey is an initiation, an opportunity to touch the sources of ancient wisdom and bring a piece of this knowledge into your life.

The purpose of our expedition:

- a deep understanding of how indigenous people see the world and our place in it

- practical knowledge about plant teachers and ways of working with consciousness, a new outlook on your life, goals and relationships

- connection with like-minded people with whom you can continue the path of knowledge

- experience of communication with ancient cultures that have maintained a connection with nature and Spirit.



---

## **19. - 23. November in Todtmoos/ Germany Double Holotropic Breathwork & Seminar with Dr. Stefan Dressler about the "Central Drama"**

**1) Breathwork (19.11. - 21.11.):** We will start Wednesday evening and will finish Friday evening with a flashlight. We will have four breathing sessions. Seminar leaders in the first session are Kati Wortelkamp & Agnese Narunovska. Agnese is from Latvia and is participant of our Breathwork Training there. She is already very experienced. Second session: Kati Wortelkamp & Dr. Stefan Dressler.

**2) The seminar with [Dr. Stefan Dressler](#) (22.-23.11.) begins on Saturday morning and lasts until Sunday lunch time. Here is also time for more integration of the breathwork sessions.**

Stefan is a friend of mine since the beginning of my journey in the transpersonal realm. We participated together in three annual groups of Holotropic Breathwork, three years of Grof Transpersonal Training and 14 years of supervision and family constellations with Ingo Jahrsetz.

Nowadays we are since some years in a small supervision group of three people with Rainer Pervöltz and also participants in a peergroup of

### **certified facilitators in Holotropic Breathwork.**

Stefan is a medical doctor, a psychiatrist, trauma therapist, body-oriented process worker. He made a Clown Training and did several journeys to the Amazonas, working with Ayahuasca. He has his own practice in Freiburg and offers Holotropic Breathwork seminars and trainings in "Essence of the Heart". He combines the methods of Rainer Pervöltz and all his knowledge as a psychiatrist and therapist with Holotropic Breathwork.

Stefan is competent, heartfelt, present, open, relaxed, clear and really a gift for participants.

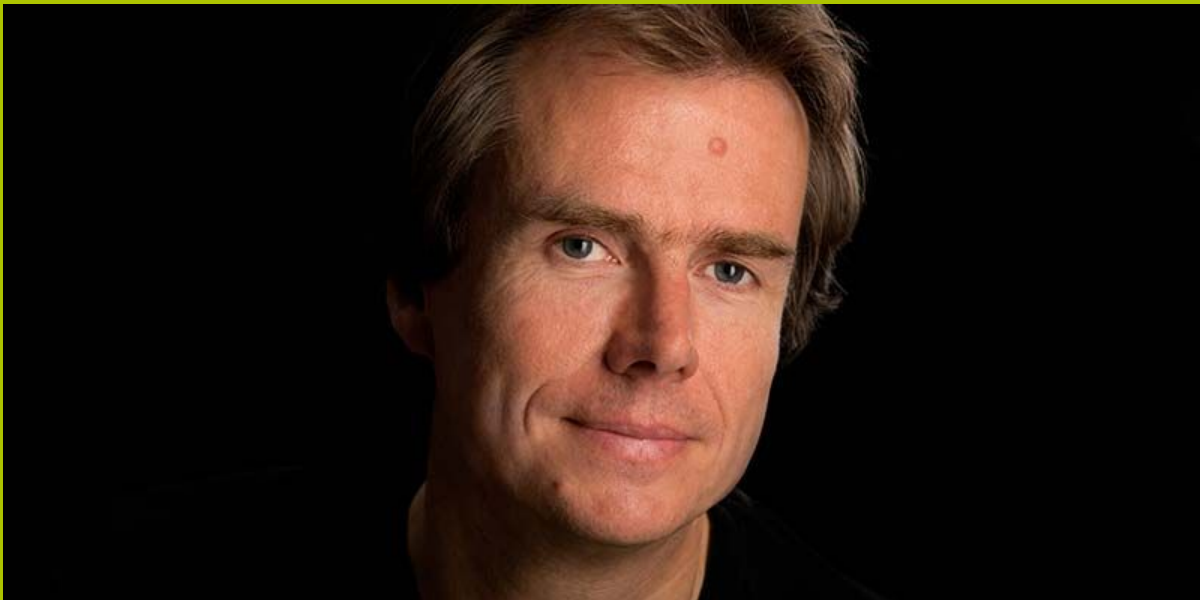
### **Costs**

**Seminar from Wednesday to Sunday costs € 550. Only Double Breathwork costs € 370 (you need to sleep at the house from Friday to Saturday!). Only Stefan's seminar from Saturday morning to Sunday lunch time costs € 200.**

**Plus board and lodging: maximum € 200 for 4 nights. The money for board and lodging will be collected on site. Tamara will cook for us.**

### **Costs for West-Students of the EWTTS**

**This seminar is included in the fee of Module 8.**





## All upcoming Dates 2025/26

<p>19.-20. November 25 21.-23. November 25 <b>English</b></p>	<p><b>Double Holotropic Breathwork</b> (first with assistant Agnese Narunovska, second with Dr. Stefan Dressler) and <b>Seminar with Dr. Stefan Dressler</b> in Todtmoos Costs: 550 € Plus Board and Lodging</p>
<p>11.-14. Dezember 25 <b>Deutsch/ English</b></p>	<p><b>Doppeltes Holotropes Atmen/ Double Grof Breathwork</b> with Ursula Boger. It is possible to visit only one Holotropic Breathwork as a sitter and as a breather. <b>Info</b></p>
<p>01.-03. April 26 03.-05. April 26 <b>English</b></p>	<p><b>Double Grof Breathwork Intensive with Nicolas Cambas. "Harmony in Shadows"</b> Details will follow</p>
<p><b>Attention: New date!</b> 29.-31. May 26 <b>English/ Romanian</b></p>	<p><b>Grand Breathwork Event in Bukarest/ Romania</b> with Kati and Lyudmila Skartsesku  Requests: cristinaandreialex@yahoo.co.uk</p>
<p>10.-14. June 26 <b>English/ Russian/ Spanish</b></p>	<p><b>Summerschool in Moldova</b> with Mireia Berdun, Lukas, Dario Giuffrida, Paulina and friends. Requests: lidakol@gmail.com</p>

01.-05. July 26 <b>English</b>	<b>Holotropic Breathwork and Intensive with Lyudmila Skartsesku: Working with a Group</b> Details will follow
31.July -02. August 26 <b>English/ Latvian</b>	<b>Triple Grof Breathwork in Riga/ Latvia</b> with Kati and Sigits Duduris (English/ Latvian) <a href="#">Contact and registration</a>
27.-30. August 26 <b>Deutsch/ English</b>	<b>Doppeltes Holotropes Atmen/ Double Grof Breathwork</b> in Todtmoos-Au <a href="#">Infos</a>
15.-20. September 26 <b>English</b>	<b>Intensive and Double Holotropic Breathwork/ Grof Breathwork</b> in Todtmoos-Au with <a href="#">Gisela Möhle</a> „Bodywork“
17.-22. November 26 <b>English</b>	<b>Intensive and Double Holotropic Breathwork/ Grof Breathwork</b> in Todtmoos-Au with <a href="#">Stephan Schillinger</a> „Family Constellation“
10.-13. Dezember 26 <b>Deutsch/ English</b>	<b>Doppeltes Holotropes Atmen/ Double Grof Breathwork</b> <a href="#">Infos</a>

**If you are interested in any of these seminars, please contact me!**

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

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

EastWest Transpersonal Training School  
Head West  
Kati Wortelkamp, M.A.  
Kollmarsreuter Str. 13  
79312 Emmendingen  
Germany  
+49 (0)176 382 34517  
[ewtts2024@posteo.de](mailto:ewtts2024@posteo.de)

If you no longer wish to receive this email, you can unsubscribe [here](#) kostenlos abbestellen.