



# EastWest Transpersonal TRAINING SCHOOL

Dear wonderful people!

Lyudmila and I wish you a great start into the year 2026! ☐



Picture from last Summer School in Moldova in June 2025 ☐

Here are some words about our school:

Lyudmila Skartsesku from the Republic of Moldova and I from Germany founded the EastWest Transpersonal Training School in 2021. Originally we wanted to bring more of the transpersonal knowledge to Moldova and connect the knowledge of our two habitats and cultures. This East Training was in Russian and English.

Being very enthusiastic, we had honestly no idea how much work running a school would involve... In the following years we went with the process - as we learned to practice in Holotropic Breathwork. This year our first students from the East get a certificate as a transpersonal therapist. The process of getting our training accredited by the [EUROTAS network](#) is in its final phase. More and more English-speaking people expressed their interest in the training. So we started the West Training in 2024...

As it turned out over the years, Lyudmila and I were a good match and we complement each other well in terms of our talents. We are grateful that we can work so well together. We are delighted to have such wonderful students, teachers and topics. Of course, we are also a little **proud**.

We haven't become rich, but as we all know, money doesn't buy happiness...

**Many thanks** to you helpers (**Lydia, Oleg, Masha, Fabio, Tamara,**

**Anastasia**), to you students, to you occasional seminar participants, and also to you interested parties, who all contribute in one way or another to our learning and growing together and sharing intense moments with one another. □

Let us make 2026 unforgettable together, let us dive into our consciousness and unleash powers we never knew we had, and let us experience connectedness through the wonderful method of Holotropic Breathwork. Thank you, **Stan and Christina Grof!** Both Lyudmila and I are passionate about this method and we are looking forward to sharing it with you (and teaching it to some of you).

We are also delighted to welcome inspiring teachers for our students again in 2026.



“Everything in your life is there as a vehicle for your transformation. Use it!”

(Ram Dass)

With this sentence in mind, we invite you - if you are student of our school or not - to join the intensives and seminars in 2026 and continue your hero's and heroine's journey to yourself!



1st to 3rd April 26: Holotropic Breathwork  
3rd to 5th April 26: Seminar with Nicolas  
Cambas: "Harmony in Shadows"

in Todtmoos/ Germany

**You can book both appointments separately.**

**Holotropic Breathwork** starts Wednesday evening, 01.04., with introduction and ends Friday morning, 03.04., with sharing.

Friday, 03.04., at about 11 o'clock, **Nicolas Cambas** starts with his work until Sunday, 05.04., 11 o'clock.

He will work with us on the [shadow](#) in his unique way. This will be an exciting and very exceptional experience and I am very much looking forward to it. In 2017 I had already organized a seminar with Nicolas in Freiburg and people loved it!

To learn more about him, you find here an interesting [interview](#).

Language: English

Costs:

Breathwork: 185 €

Seminar with Nicolas: 370 €

Both: 550 €

Plus board and lodging in Todtmoos/ Haus am Mühlenbach.

For students of the school this intensive is included in Module 9.



Nicolas in the Schluchsee ❄️

## All upcoming Dates 2026

<p>01.- 03. April 26 03.- 05. April 26 <b>English</b></p>	<p><b>Grof Breathwork and Intensive with Nicolas Cambas:</b> "Harmony in Shadows" in Todtmoos-Au (Germany)</p>
<p>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 Violina, Gonzalo Paniagua and friends. Requests: lidakol@gmail.com</p>
<p>01.- 05. July 26 <b>English</b></p>	<p><b>Holotropic Breathwork and Intensive with Lyudmila Skartsesku: Working with a Group</b> in Todtmoos-Au (Germany) Details to follow</p>
<p>31.July - 02. August 26 <b>English/ Latvian</b></p>	<p><b>Triple Grof Breathwork</b> in Riga/ Latvia with Kati and Sigits Duduris <a href="#">Contact and registration</a></p>
<p>27.- 30. August 26 <b>Deutsch/ English</b></p>	<p><b>Doppeltes Holotropes Atmen/ Double Grof Breathwork</b> in Todtmoos-Au (Germany) with Kati and Ursula Boger <a href="#">Info</a></p>
<p>15.- 20. September 26 <b>English</b></p>	<p><b>Intensive and Double Holotropic Breathwork/ Grof Breathwork</b> in Todtmoos-Au (Germany) with Gisela Möhle „Bodywork“</p>

19.- 20. October 26 (probably)  
**English**

**Holotropic Breathwork** seminar before the [Eurotas conference](#) in Spetses/ Greece with Kati and Lyudmila Skartsesku.  
Info to follow

17.- 22. November 26  
**English**

**Intensive and Double Holotropic Breathwork/ Grof Breathwork** in Todtmoos-Au (Germany) with [Stephan Schillinger](#) „Family Constellation“

10.- 13. Dezember 26  
**Deutsch/ English**

**Doppeltes Holotropes Atmen/ Double Grof Breathwork** in Todtmoos-Au (Germany) with Kati and Ursula Boger  
[Info](#)

[Here](#) you find the West program of the EastWest Transpersonal Training School. Even if you are not a student, you may join lectures or intensives and Holotropic Breathwork Seminars. **Please contact me, if you have any questions!**

Wish you a good life and a great year 2026! Warm greetings, Kati



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

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