



EastWest Transpersonal TRAINING SCHOOL

Dear students, participants and interested people!

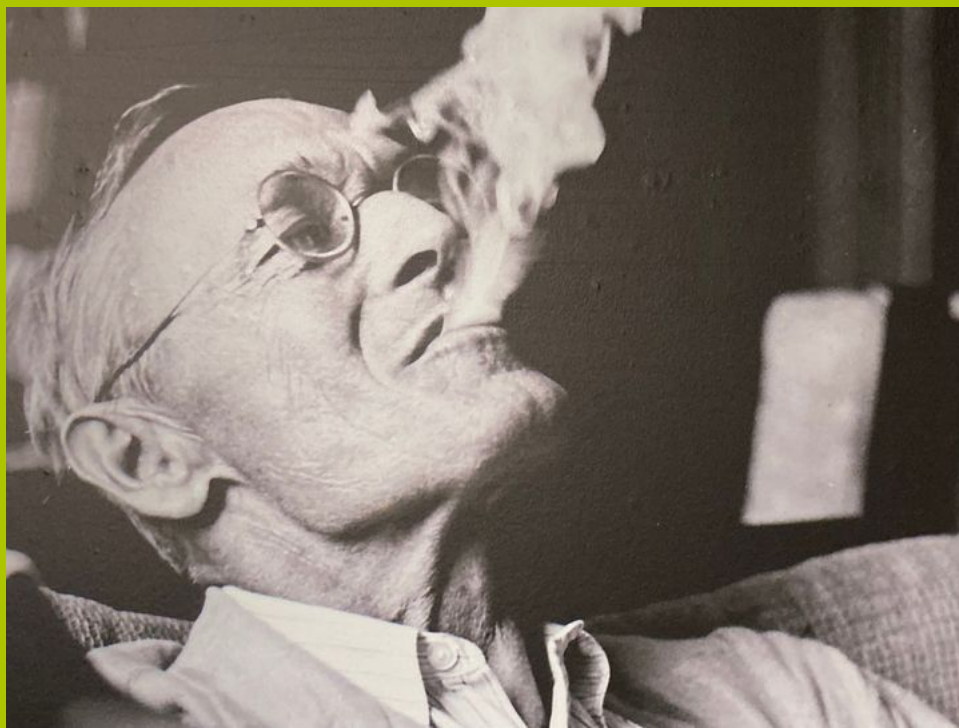
Summer has suddenly arrived ☺ and, after a break, we're back in action with seminars and events. An exciting time lies ahead for me - and for those who join me/us on one journey or another.

Next week I'm flying to Moldova to meet up with my colleague Lyudmila Skartsesku and to take part in the Summer School that our EastWest Transpersonal Training runs there every year. You'll find a few details below. In case anyone feels inspired to join at short notice. Otherwise, I'm looking forward to working with you in Todtmoos or elsewhere!



"You have forgotten your childhood; from the depths of your soul, it calls out to you. It will make you suffer, until you heed its call."

(Hermann Hesse)



10-14 June 2026
Summer School in the Republic of Moldova
Languages: English/Russian/Spanish

At the annual Summer School in Moldova, we'll be camping in a camp set amidst stunning countryside and working with, amongst other things, plant medicine from Brazil.

Helena Cordeiro de Freitas, [Dario Giuffrida](#), [Paulina Violina](#), [Gonzalo Paniagua](#) and friends will be sharing their knowledge and music with us. Helena Cordeiro de Freitas will be leading a ceremony with her medicines for the first time in Moldova, as Mireia and Lukas - our long-standing friends - have family commitments.

Helena is Brazilian, from the state of Acre, and came into contact with the entheogenic plant brew of the Santo Daime Church from the moment she was born. At the age of 30, she moved to Barcelona, where she leads the Santo Daime Church and works with people suffering from addiction.

Dario joins us every year and leads a tobacco ceremony with his unrivalled sense of humour. Alongside her wonderful violin playing, Paulina Violina will be offering "Shakti Yoga", which is also suitable for men.

Last-minute enquiries: moilidakol@gmail.com



01 to 05 Juli 26
Double Holotropic Breathwork
and "Working with Groups"

For the second time, my colleague [Lyudmila Skartsesku](#) is coming from the Republic of Moldova to Todtmoos to co-facilitate four sessions of Holotropic Breathing with me and to share her expertise in working with groups. There will be plenty of practical exercises designed to help participants relax, delve deeper, have fun, connect with one another and more. Lyudmila co-runs the EastWest Transpersonal Training School with me and has been offering monthly groups in Moldova for decades. She was the only certified Holotropic Breathwork facilitator in her home country and consequently had large groups. We have now certified our first students and

there are further groups, for example in Transnistria.

Lyudmila has the ability and the strength to guide groups into deep self-exploration in a short space of time, to support them well and to assist with integration. She does not shy away from the most difficult processes.

We speak simple English – neither of us are native speakers.

This seminar is an 'Intensive' as part of the 4-year training programme at the [EastWest Transpersonal Training School](#). Therefore, there will be some international participants. However, the group is open and suitable for guest participants who are seeking self-awareness and/or wish to develop further skills in working with groups.

Programme:

We will begin on Wednesday evening, 1 July, with an introduction and a chance to get to know one another. On Thursday and Saturday, there will be two breathing sessions each day, and on Friday Lyudmila will work with the group on practical exercises.

The seminar ends on Sunday at around 12 noon.

Cost:

There is the option to participate in just one day with two breathing sessions.

Cost: €185.

In this case, two nights should be spent at the seminar house – one before and one after the breathing sessions.

The full seminar costs: €550

Plus meals and accommodation in Todtmoos/Haus am Mühlenbach.

[More info](#)



March 2027

Start of a new 3-year training course at
Grof® Legacy Training Germany

Language: German

Anyone interested in this in-depth training programme (or who knows someone who might be interested), led by five experienced trainers, will experience and learn Stan and Christina Grof's method within a fixed group. Thanks to this method, participants can attain these 'holotropic' states of consciousness without taking psychedelics. In addition, the training will cover Stan Grof's insights and research into holotropic states of consciousness, as well as the fundamentals of transpersonal psychology and much more.

It will be an exciting journey!

The training is authorised by Brigitte and Stan Grof, and we aim to pass on the Grofs' legacy.

By the end of the training, students will be able to lead and facilitate groups themselves.

[Visit the training website](#) (German language)

[Curriculum](#) (German language)



Autumn 2027

Launch of a new, international 4-year
Training Programme in Transpersonal Counseling
and Holotropic Breathwork at the
EastWest Transpersonal Training School

Language: English/ Russian

We are currently working with a team to organise this third training course in Transpersonal Counseling and Holotropic Breathwork.

The website is under construction.

More information will be available soon...

This training is accredited by EUROTAS.



EastWest Transpersonal
TRAINING SCHOOL

All upcoming Dates 2026/ 27

10- 14 June 26 English/ Russian/ Spanish	Summerschool in Moldova with Helena Cordeira de Freitas, Dario Giuffrida , Paulina Violina , Gonzalo Paniagua and friends. Requests to Lidia: moilidakol@gmail.com
01- 05 July 26 English	Holotropic Breathwork and Intensive with Lyudmila Skartsesku: Working with a Group in Todtmoos-Au (Germany)
31 July - 02 August 26 English/ Latvian	Triple Grof Breathwork in Riga/ Latvia with Kati and Sigits Duduris Contact and registration
27.- 30. August 26 Deutsch/ English	Doppeltes Holotropes Atmen/ Double Grof Breathwork in Todtmoos-Au (Germany) with Kati and Ursula Boger Info
15- 20 September 26 English	Intensive and Grof Breathwork in Todtmoos-Au (Germany) with Rainer Pervöltz "Working with the Old Central and the Essence" Breathwork Info Rainer's Seminar Info
21 - 25 October 26 English/ Greek	Eurotas conference in Spetses/ Greece
17 - 22 November 26 English	Intensive and Double Holotropic Breathwork/ Grof Breathwork in Todtmoos-Au (Germany) with Stephan Schillinger : „Family Constellation“ Info
10. - 13. Dezember 26 Deutsch/ English	Doppeltes Holotropes Atmen/ Double Grof Breathwork in Todtmoos-Au (Germany) with Kati and Ursula Boger Info
23 -28 February 27 English	Intensive and Double Holotropic Breathwork/ Grof Breathwork in Todtmoos-Au (Germany) with Gisela Möhle „Bodywork“
06 -11 April 27 English	Intensive and Grof Breathwork in Todtmoos-Au (Germany) with Rainer Pervöltz "Working with the Old Central and the Essence"
01 - 04. July 27 English	Double Grof Breathwork in Todtmoos-Au
19 -22 August 27 English/ Deutsch	Double Grof Breathwork in Todtmoos-Au
16 -19 September 27 English	Double Grof Breathwork in Todtmoos-Au
18 -21 November 27 English	Double Grof Breathwork in Todtmoos-Au
09 -12 December 27 English/ Deutsch	Double Grof Breathwork in Todtmoos-Au

[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!**

Safe the dates! Warm greetings, Kati



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

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