

## Workshop

Kati Wortelkamp, Mario Lorenzetti and Lyudmila Skartsesku offer a pre-conference workshop in Holotropic Breathwork/ Grof Breathwork from the 19th to the 21st. All three of us are certified Holotropic Breathwork Practitioners and have a lot of experience in working with non-ordinary („holotropic“) states of consciousness since many of years. We will offer you a secure framework. Our languages are English, German, Russian, French and Italian.

On the 19th in the evening we will start with a shamanic ritual in the Cherokee tradition with Mario Lorenzetti. Then we get to know the participants, give an introduction to breathwork and answer all your questions.

On the 20th we begin in the morning with the first breathwork session, that will take about three hours. After a break for lunch we will have the second session. You will have the experience both as a breather and a sitter. Both roles are important and can trigger very profound and deep experiences. During the processes we will play selected music that will carry you through your journey. After your process you can paint something that would help you to remember and integrate your experience in your every day life.

In the evening or in the next morning (depends on the number of participants), we offer a sharing for everybody to share his or her experience. At the end of the workshop Mario will again do a shamanic ritual in the Cherokee tradition for you.

Please note that there are contraindications. After your registration we will send you more informations. If you have any questions please contact Kati: [k.wortelkamp@posteo.de](mailto:k.wortelkamp@posteo.de) (in English) or Mario: [mmlorenzetti@gmail.com](mailto:mmlorenzetti@gmail.com) (in French or Italian).

The price for the workshop is 50 €.