



AQUANIMA IN ROMANIA

Unique seminar proposed for European participants

From May 27th to May 31st, 2020

Facilitated by Bernadette Blin and Robert Hirsch

Assisted by Daciana Tarasi and Constantin Pascu

*

What is Aquanima?

A fully bodily immersed experience in three dimensions, the AQUANIMA approach allows to delve into the depths of our being and surrender to the power of opening our hearts and minds. Often, it becomes a gateway into the ineffable that, according to participants, creates a life-changing shift of perspective pointing beyond the limits of the 'skin-encapsulated ego'. This is also a possibility to open a healing space for our wounds, our limitations, our obstacles to be fully who we are and live OUR life.

With this method, the collective energy of a group of practitioners unfolds into its full potential and can turn a few days of practice into a period of profound inner change.

Bernadette Blin and Francis Lery have created Aquanima in 1991. It is a version of Holotropic Breathing adapted to an aquatic environment (the water being heated close to body temperature).

Bernadette and Francis have passed the torch in 2017 to their students who are now practicing this work in France and internationally.

This English-speaking seminar is being proposed via the EUROTAS network and responds to a long-standing demand to transmit the method to therapists already trained in Holotropic or Transpersonal Breathwork. It is a unique and stand-alone event for this purpose. To order this request, Bernadette has accepted to offer only once this seminar.

The seminar will be facilitated by Bernadette Blin (transpersonal psychotherapist, co-founder of the method and EUROTAS President) and Robert Hirsch (psychiatrist trained in mindfulness meditation, Holotropic Breathwork and Aquanima).

We will be hosted by Daciana and Constantin in a place that they have specifically created for this work. It is situated in a magnificent forest in Tisau (Buzau region) in the foothills of the Carpathian mountains. Nature here is unspoiled and breathes tranquility and restfulness. There is ample space for unforgettable walks!



This place is also Daciana's and Constantin's home, so we will be welcomed in a place full of warmth and life. Food is provided from small organic farms in the surrounding villages and prepared with attention and care.

Daciana is a psychologist and transpersonal therapist (EUROTAS certified) and Constantin is an engineer. Both have long-standing transpersonal and shamanic practices trainings. They trained in Holotropic and Transpersonal Breathing and Aquanima, and apart from being our hosts, they will also assist in the Aquanima experience.

Dates

From May 27th to 31st, 2020

Wednesday 27th will be arrival day (pick up in the afternoon from Bucharest airport and transport to Tisau will be organized). Departure will be on Sunday 31st (transport by bus to Bucharest airport).

Program

Arrival at Bucharest airport. Collective pick-up and transport to Tisau (2 hours by minibus from Bucharest). Welcome at the center and shared dinner.

Thursday May 28th

Morning: Program presentation, introductory round of participants, introduction of the framework and the specifics of the Aquanima work. Preparation of the afternoon session.

Afternoon: Aquanima session (swimming pool)*

Friday May 29th

Morning: Aquanima session (swimming pool)*

Afternoon: Sharing-integration and visit of a monastery

Saturday May 30th

Morning: Aquanima session (swimming pool)*

Afternoon: Sharing-integration – didactics and Q&A – walk

Festive evening

Sunday May 31st

Breakfast and departure to Bucharest airport



* The Aquanima experience takes place in a swimming pool specifically designed for this purpose. Its has been carefully conceived and constructed and features an ozone-based water purification system, heating through solar panels and a system to keep the air in the room dry. This ensures a constant water temperature, dry surrounding air and clean water.

Rooms and boarding

We will be housed in simple and comfortable rooms in Tisau, in a family atmosphere where the intimacy of a small group can be protected and carefully maintained. There are two and three bedrooms. If you have specific dietary requests we will make a maximum effort sure to accommodate your needs.

Practical considerations

Participants

This seminar is designed for a small group (max. 15 participants). Bookings will be treated by chronological order of receipt.

Contra-indication for Holotropic Breathwork

It is important that you let us know whether you suffer from a particular illness, had recent surgery or if you are pregnant, since this may necessitate specific arrangements to accompany you appropriately during the work. Cardio-vascular illness, epilepsy, glaucoma and a history of psychiatric illness are contra-indications. It is therefore imperative that you inform us should you be under physical or psychiatric treatment.

Prices

Normal price: 700 €*

Reduced price (for persons with low income countries): 480 €*

This price includes:

- Room and board including dinner on arrival day and breakfast on departure day
- Transport in minibus from and to Bucharest airport
- Access to the heated swimming pool during spare time
- Aquanima experience
- Adjunct practices (meditation, bodywork etc.)

It does not include:

- Transport to and from Bucharest



- Tips
- Personal expenses
- Travel/accident insurance
- Cancellation refund

Registration

Please fill in the attached form and send it back with a bank transfer of 300 € (detailed information on the form). Full payment needs to be made before April 15th, 2020.

Cancellation

In case of cancellation before January 15th, your deposit will be reimbursed.

In case of cancellation after April 15th, no reimbursement will be possible except if you have been replaced.

Confirmation

Once we received your booking form, we will send you a booking confirmation with the practical details you need to know to organize your journey.

We are looking forward to share this unexpected adventure with you!

Bernadette Blin

blinlery@gmail.com