



These days, the focus is on fully accepting our own identity  
and going beyond the different levels of our being:  
body, emotions, psyche.



This week offers the following possibilities\*:

**Acquasus®** - Poolwork

**Dansergia®** - Dance and Movement

**Life Energy Therapy®**  
- Body- and energy work

**Process Inquiry®**  
- Verbal Inquiry

**Yogatherapy & Meditation**

\* Changes may occur



Transformations are a fundamental part of life and our further development. Through physical, psychological and spiritual processes, we are constantly challenged to question the familiar and to find new answers. It is a constant flow and a wonderful, even if sometimes crisis-like, opportunity to continue developing our potential.

Especially our holding on to what we call identity reduces or prevents these ongoing, development-orientated transformation processes.

What if we are far more than what we 'think' we are and what feels like 'I'? On one side it gives us a certain orientation, but at the same time restricts us enormously. A kind of corset and not what we originally are.

These days, the focus is on fully accepting our own identity and going beyond the different levels of our being: body, emotions, psyche. What is the original spirit in all of this?

A dedication to what has actually always been there and is just waiting for you to discover it.

---

### **Workshop Leaders:**

**Widmantas Skutta**, Life Energy Process Teacher (Life Energy Therapy), Instructor Process Inquiry, psychotherapy, coaching and organisational consulting in his own practice.

**Pia Brunner**, Life Energy Process/Grouplevel Acquasus Poolwork and Dansergia, swimming and sports teacher. Training in yoga therapy. Own practice, 9 years clinical experience at various clinics.

**Helga Köhler**, Dipl.Päd., psychotherapeutic alternative practitioner, Life Energy Process/Psychotherapist (Dansergia). Worked for 19 years as a creative therapist in the Heiligenfeld Clinics, since 2000 in own practice.

### **The location:**

The 'Open Sky Villa' is located on the outskirts of Denia (between Valencia and Alicante) close to the sea on one side and the Montgo National Park on the other. In addition to the stately main house, there are small bungalows and 2 yurt tents. Occupancy for 2-3 persons/room. (Single rooms are limited with surcharge on request). Meals are vegetarian.

### **Timetable:**

Welcome and introduction to the workshop on day 1. Wednesday is a half day off and departure is on Friday lunchtime.

The interactive lectures and workshops will take place on the other days.

**For further information**

Widmantas Skutta  
Phone: (49) 01590 10 85 329  
Mail: inlifecologne@t-online.de  
www.lifeenergyprocess.de

**Costs incl. full board and accommodation for 5 days:**

Application until 15.2.2025	after 15.2.2025
1.180,- €	1.330,- €

**Payment:**

Please transfer the fee for the workshop to the following account with your application:  
W.Skutta, IBAN: DE71 3705 0198 01087 73094 BIC/Swift: COLSDE33XXX  
Further informations will be provided after application.

---

**Application:**

Last Name:.....  
First Name:.....  
Address:.....  
Phone:.....  
E-Mail:.....

**Arrival by (please tick)**

Train       Plane       Car

Total amount €.....

Registration by June 1st. 2025 at the latest

I/we obligatory apply for the International Workshop in Denia from 22 - 27 June 2025 and transfer the participation fee at the same time.

I confirm that I'm personally responsible for my participation and any consequences that may arise.

In case of cancellation until 20.3.25 at the latest, 90% of the fees will be refunded, until 20.4.2025: 50%. No refunds are possible after this date.

This regulation also applies in the event of acute illness and other unforeseeable events.

Date

Signature

---

Please note: Places are limited & will only be reserved once full payment has been received.

**Send to:**

**Pia Brunner  
Scheunenfeld 6**

**D-51503 Rösrath**

---