



SELF REVOLUTION

INSPIRATIONAL POWER FOR TRANSFORMATION AND INTEGRATION

Would you like to reinforce your true self?

What keeps you from expressing the strength of your true self?

Where would you like to feel more courage?

Why not living more and more the life you really want to live?

Are you tired of getting stuck in the same old patterns?

Do you search for a deeper transformation within yourself?

Are you in the mood to join a 4-day seminar
in the powerful and wonderful nature of South Africa?
Marion and Andrea would love to welcome you to your

own SELF REVOLUTION.

We would like to invite space for attentiveness, to create a listening field, to invite wisdom and the natural energy of joy, which exists in all of us. We will meet the not knowing field and we will invite conditions for intimacy and the sacred space of integration.

In this seminar we want to listen to the gift of our wounds and we would like to create through a sacred connection a bigger field of consciousness. Through our togetherness we can listen to what we normally can't hear. The more coherence we invite through self - regulation we can overcome the illusion of separation which is the foundation of fragmentation. Nature with its inherent power will support our processes in dignity and a clarity you will love.

These seminar days are about deeper liberation for yourself and the world. Especially specific times need courage, clarity, connectedness and creativity to overcome our old imprints of our beings.

The structural dance through the seminar:

- Meditations to specific topics
- Process oriented work with individual matters of concern (constellation work, IFS, body based trauma therapy)
- Experiential experiences in small groups
- Body work - dance, walks, energy exercises
- Nature as a teacher - rituals and silent retreat for self exploration

Practicalities:

Dates:

17th of October 2021:

19:00 - 20:30 Welcoming round

18th – 21st of October 2021:

10:00 - 13:00 - Seminar

13:00 - 15:00 - Lunch

15:00 - 18:00 - Seminar - last day until 17:00 h

Price:

888 € included healthy lunches from the 18th till 21st of October.

A deposit of 444,00 Euro is payable with confirmation of booking.

Last day for registration is 1st August 2021. :)

Venue:

Berg n Dal Heritage Farm

Uilenkraal

Gansbaai

Western Cape, South Africa (around 164 km from Cape town airport)

www.greatcapeescape.com

Accommodation:

You have to book your own accommodation.

If you want, you can stay at our farm Berg n Dal Heritage or you can book other accommodation in the area.

Bookings at Berg n Dal: please book through our website: www.greatcapeescape.com (limited places).

!! Please notice our accommodation are self-catering cottages, so we will not serve any breakfast or dinners.!!

WELCOME to your SELF REVOLUTION -

South Africa is looking forward to meeting you.

You have to organize your own flight and transfer to the seminar venue (100 minutes from Cape Town airport). We recommend a rental car to provide you with enough independency to explore this beautiful piece of nature.

The number of participants is limited to **12 people**.

We welcome any queries you may have.

Contact us on:

info@andrea-wandel.com or marionwandel@gmail.com

Practical information and subscription: mail to Kasra Van Rompaey via info@ann-kasra.com

We wish you the courage to explore with us your power and gentleness.

Hugs to you

Andrea & Marion

Marion Wandel



Musician (Violin), Feldenkrais Trainer, Health Practitioner for Psychotherapy, Reiki Master Trainer, Energy Work (Buddhism), Hakomi Therapist, IFS Trainer, Listening with joy to the bigger field, Stillness seeker in nature

Her path:

As an identical triplet, Marion Wandel was born in Santiago de Chile in 1963. Out of political reasons the family emigrated in 1970 to the south of Germany.

Losing her country, language and friends made her a different person, more distant and shyer.

After four years of studying music, she started to teach students the violin. By teaching them she discovered problems with their tensed bodies.

This motivated Marion to join a Feldenkrais Training. Through this training her body loosened up tremendously and she had to face a lot of her own issues who emerged in her emotional body.

She became a Health Practitioner for Psychotherapy to understand herself and human kind in a deeper way.

After travelling the world, she opened up her own practice in Kempten.

The deepest healing process started when she did the training with Richard Schwartz in Heidelberg in 2002, called IFS (Internal Family System).

Her work consists of various approaches, which can be flexible combined, depending on individual needs.

Marion believes deeply in the wisdom of the internal power of the SELF.

Marion became so much clearer, calmer and confident through the different body-based approaches she loves to teach nowadays.

Andrea Wandel



Health Practitioner, Musician, Writer, Lecturer, Seminar Leader, Translator and Space-Connecting expert of the speechless space in children - whether adult or not.

Her path:

As an identical triplet, Andrea Wandel was born in Chile in 1963. In 1970, the family emigrated to Germany out of political reasons. Her sensitivity was more of a burden until she learned to translate and express the deeper wisdom at work. Her trauma was the best teacher in finding new ways of connecting different levels of awareness into a practical language.

She loved to study as a teenager everyday human life, devouring books on brain research and the afterlife. In her music studies she discovered a language with which she could connect different levels of perception. Her pupils taught her the differences in understanding the same things from different angles.

Her first daughter's chronic middle ear infection moved her to become a Health Practitioner. The physical body could give precise information through certain techniques (e.g. Neural Kinesiology, Dr. Klinghardt). Soon she was asked to deal with serious illnesses in her practice which orthodox medicine considered incurable or/and therapy-resistant. For this she expanded her training with constellation work, cranio-sacral work, spiritual guidance and body-oriented trauma work.

Her deepest intention is to listen and to invite a knowing field which informs all of us by not knowing what it is all about.