



## **Authenticity and Passion in Life** -Improving Living Skills-

***An intensive seminar at Vihula Manor  
The 16<sup>th</sup> to the 21<sup>st</sup> of April 2024***

### **Do you want more in your life?**

This course will give you an intensive week of learning and growing. You will get a new insight working with Gestalt methodology, which is existential, relational, and emotional.

During this seminar, we use Gestalt Methodology, which supports you in realizing new sides of your personality. You will discover how you and other people experience Contact, and how your growing Awareness will influence you in choosing ways to be more Present in your life. You will get inspired in feeling wellbeing and in allowing yourself to be more in the Here and Now. You will discover the filters preventing you from your real wants and how you allow yourself to live more authentic. And you will get aware of your inner patterns and find ways to challenge them.

You will discover existential keys to change and will realize, how you yourself can create change and development. The course is an eyeopener both emotionally, intellectually, and relationally.

We see development as a process of awareness that makes you conscious of your self-worth, your personal platform, and your spontaneous life passion – and at the same time this process gives you a frame of understanding life and relationships.

### **Both theory and praxis**

Gestalt Methodology has its roots in solid theory and praxis. Praxis is a way to understand and integrate theory. First you experience and feel, then put words to your awareness. You will experience and learn to stay in the Now together with other people. During the seminar, you will join group-work in larger and smaller groups.

Individual work, where you and the therapist work together also take place. You will get deep integration of what you have experienced and felt.

### **The Certified Training programs.**

The course includes both practical therapeutic work, reflection, and learning. It counts as a qualification to the European Certified GIS-International Training program to becoming a Gestalt Psychotherapist.

**Gestalt Institute of Scandinavia, GIS • International ApS.**

CVR 27 50 48 09

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GIS-International is accredited by: EAGT, The European Association for Gestalt Therapy, EAP, The European Association for Psychotherapy, and by PF, The Danish Association for Psychotherapy.

### Seminar dates

Tuesday, April 16<sup>th</sup>, 17.30 to Sunday, April 21<sup>st</sup>, 11:00, 2024. Vihula, Estonia.

### Seminar Fee

"Authenticity and Passion in Life".

- Company/Normal fee  
10.450 DKK/1400 Euro
- Nordic private GIS-sponsored fee  
(-40%): 6.260 DKK/840 Euro
- Baltic private GIS-sponsored fee  
(-50%): 5.220 DKK/700 Euro.

### Airport Transfer

Cost for transfer bus to and from Vihula is  
Nordic 300 DKK, 40 EUR  
Estonian 225 DKK, 30 EUR

### Accommodation

Double room:	DKK	Euro
Nordic:	6.700	900
Baltic:	5.950	800
Single room:	8.250	1150

### Leaders

Jette Maja Porting and Jarkko Rantanen.

### Information

Please visit our webpage for more information about the institute. You can also call us on +45 59 47 00 17 or mail us on [gis@gis-international.com](mailto:gis@gis-international.com)

**Deadline for signing up:  
March 29<sup>th</sup>, 2024.**

**Departure Tallinn airport:** Tuesday April 16<sup>th</sup>, 2024, the bus to Vihula leaves at 15:40- the bus makes a stopover at the harbor in Tallinn and then we go directly to Vihula.

**Departure Vihula:** Sunday April 21<sup>st</sup>, 2024, the bus to Tallinn airport and harbor leaves Vihula at 10:45 local time.

If you are arriving later or leaving earlier, please arrange your own transportation e.g., by taxi.

*The seminar takes place at Vihula Manor. The GIS-International Training Groups are having Seminars at Vihula at the same time.*



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