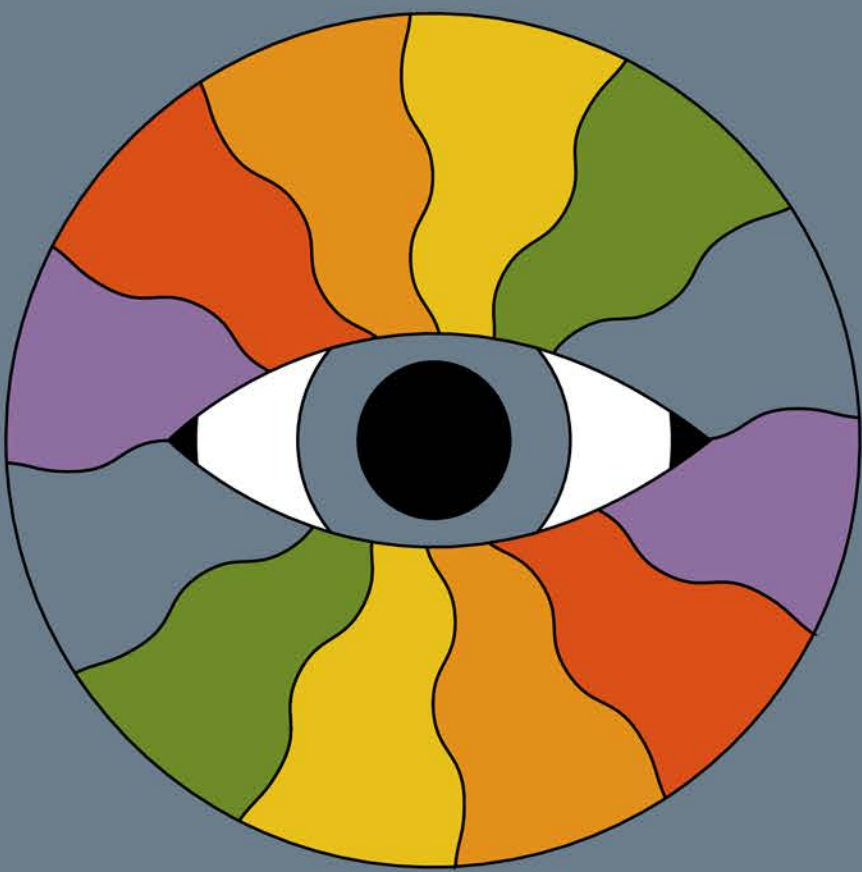


# **HOLOTROPIC BREATHWORk**

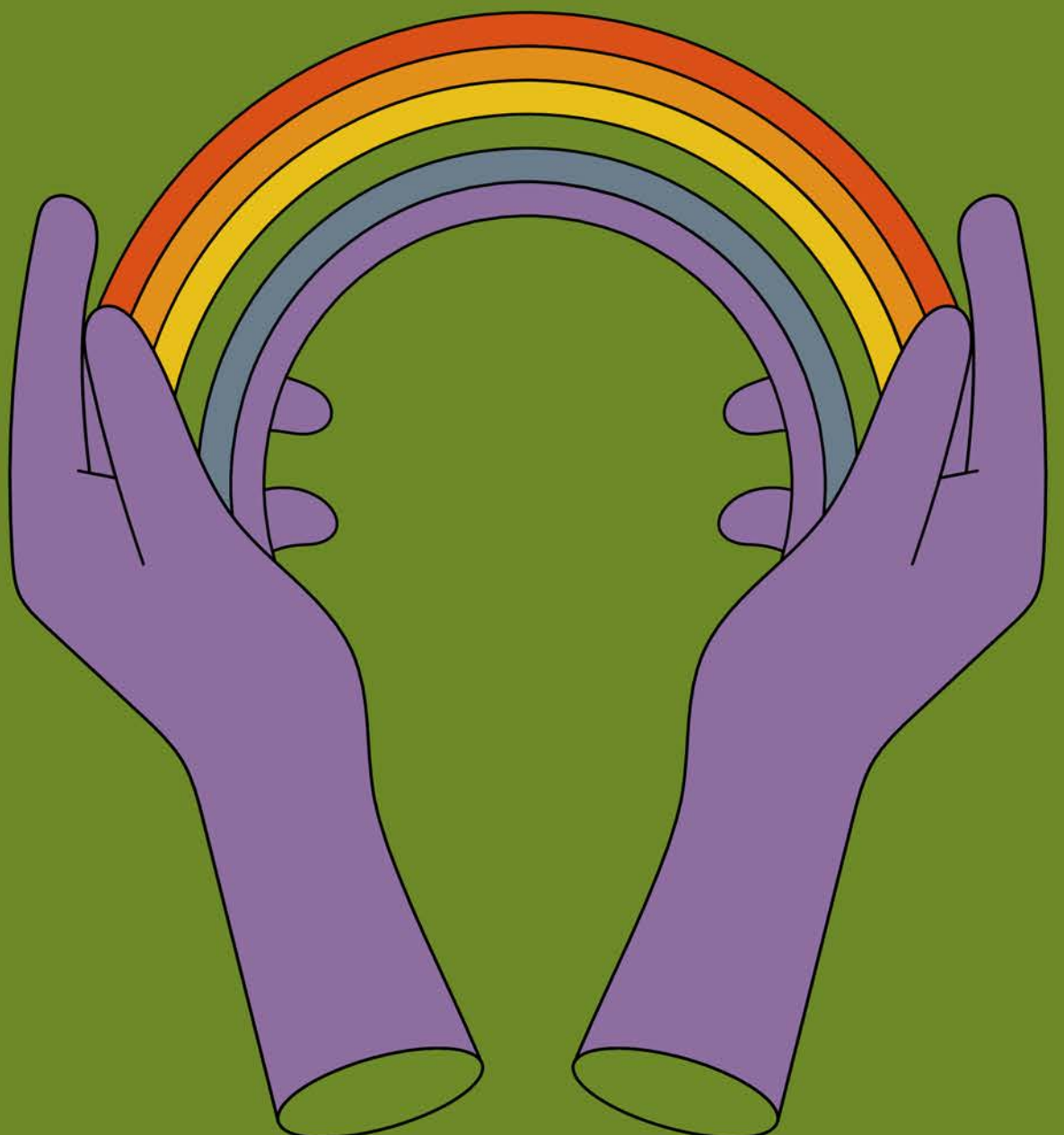
**19.-21.6.2026  
VIENNA**



**A QUEER HEALING  
SPACE FOR SELF-  
DISCOVERY &  
TRANSFORMATION**

**[www.holotropes-selbst.at/queer](http://www.holotropes-selbst.at/queer)**

**COME AS  
YOU ARE.  
BREATHE.  
FEEL.  
HEAL.**





**A SAFE, AFFIRMING SPACE  
FOR LGBTQIA+ INDIVIDUALS TO EXPLORE  
INNER WORLDS AND RECONNECT WITH  
THEIR AUTHENTIC TRUTH.**



This workshop is created from and for queer individuals seeking personal healing and deeper self-connection — free from judgment and surrounded by your community.

Through deepened breathing, evocative music, and your inner permission, your mind quiets, and your body, emotions, and intuition begin to speak.

This process can awaken powerful insights, release emotional blocks, and support healing from emotional wounds.

We create a safe and professionally held space where personal, generational, and collective trauma can gently rise and be witnessed — step by step, with care.

Body-oriented practices, intuitive painting, and group sharing support the integration of what unfolds within you.



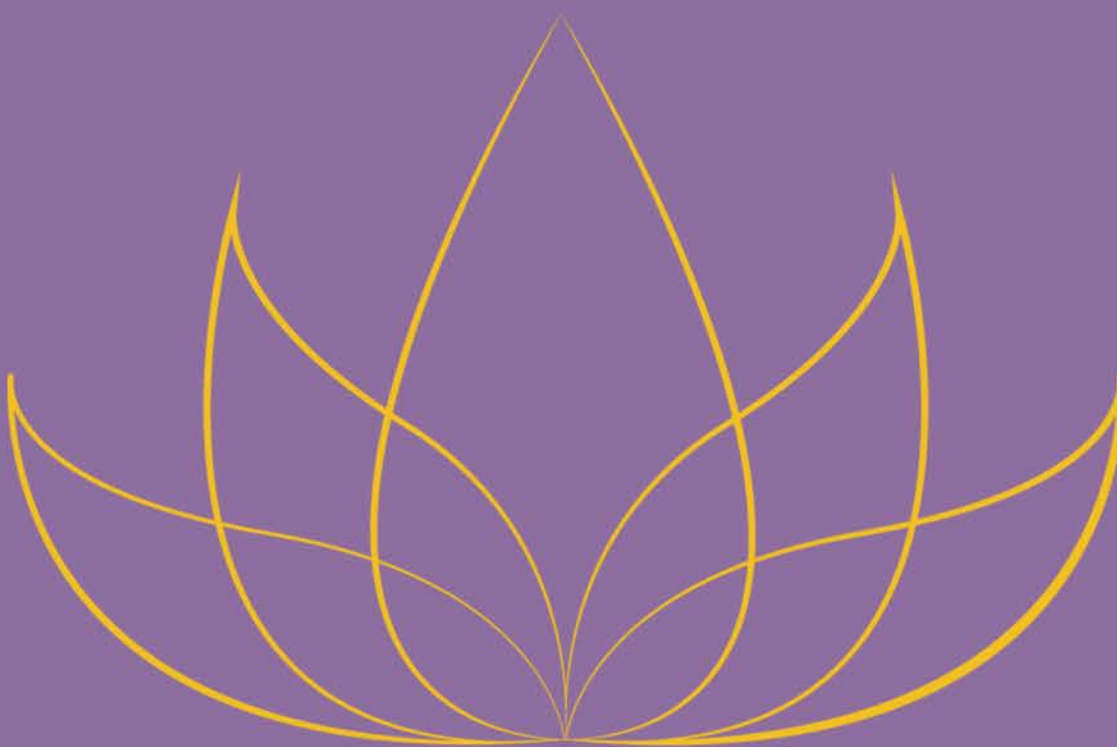
# Facilitators

Carol Villalón(she/they)

GTT certified Holotropic Breathwork facilitator; Multidisciplinary artist, sculptor and DJ, Gestalt therapist with body approach. Her work is developed from a feminist and LGBTQ+ approach and social vision

Magdalena Ségur-Cabanac(she/her)

Grof Legacy Training(GLT) certified Holotropic Breathwork facilitator; Gestalt and Internal Family Systems therapist, Sextherapist specialized in GSRD(Gender Sex and Relationship Diversity)



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**A space dedicated to LGBTQIA+ healing and consciousness. Held by experienced facilitators in a respectful and inclusive setting.**





## **Timeframe**

Friday 5pm -8pm  
Saturday 9am-6pm  
Sunday 9am- 1pm

## **Venue**

Eggerthgasse 9/6  
1060 Wien

## **Registration**

[www.holotropes-selbst.at](http://www.holotropes-selbst.at)  
[kontakt@holotropes-selbst.at](mailto:kontakt@holotropes-selbst.at)  
+43/680/3312313

## **Workshop fee**

Self-evaluation  
400€/350€/300€/250€

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**ALL LGBTQIA+ identities, expressions, bodies, and  
backgrounds are welcome.**

**We honor the full spectrum of queerness and celebrate  
the power of healing in community.**