

2009

Dr. med. Robert Fischer and Notburga Surabhi Fischer



MannFrau

Personality, Sexuality, Partnership

seminars and trainings

ManWoman-Symphonie

Stages of maturation towards fulfilment
in sexual love
Sexual Grounding® and Rituals
for women, men and couples

Aphrodite's Source

Feminine Power and Surrender
for women

L'hom

Power – Authority – Responsibility
for men

“The growing affection between two lovers is, in fact, already the will to live of the new individual which they can conceive.”

Arthur Schopenhauer

Vision and Mission

Our seminars and trainings...

promote...

- a vibrant personality.
- sexual healing in women, men and couples.
- naturally relating to the sexual aspect as a source of life.
- the dignity of men and women at all stages of life.
- the ability to live in a relationship with future orientation and parenthood.
- resource-oriented solutions in dealing with complex “patchwork family situations” and generation conflicts.
- spirituality, rooted in daily life.
- the relationship to one’s own deep meaning and purpose in life.

are suited for...

- singles and couples in order to liberate themselves from old entanglements and to deepen their capability of loving sexually and of being in relationship.
- parents and educators, in order to provide clear and confident support to children and adolescents in their sexual development.
- as further education for people in the medical, therapeutic, social and pedagogical fields who would like to gain more confidence and a more profound background for dealing with the topic of sexual relationships at all ages.

We create and ensure an atmosphere which respects the individual being with their boundaries and in which the participants have the opportunity to experience how patterns - which are disruptive to a relationship - may come about in the various stages of sexual development as well as how they can be healed.

We convey a most concise body of knowledge about sexuality which can not be found in any textbook so far.

We offer a new kind of sexual education for adults. It can be experienced on a bodily level, and provides men, women and parents with a well-founded body of knowledge about an individual’s natural psychosexual development. It thus benefits the children of the next generation as well.



We build bridges between the realms of traditional Western medicine and rituals, psychotherapy and meditation, sexual sciences and love lives. In our unique seminar style these elements are integrated into a new synthesis. Hence even participants with an extensive background of psychotherapy or tantra can discover and make valuable new steps.

The Leaders



Notburga Surabhi Fischer

born in 1961. 5 years experience in the education and training of therapists at the "Akademie für Physiotherapie" (Academy of Physiotherapy) in Salzburg, Austria. Developed Core Pulsation – a method to activate the vital energy via the bone marrow. Has been running her own practice for Integrative Body Psychotherapy, Couple Therapy and Sexual Therapy since 1989. Educated and trained in methods of Humanistic Psychology (IBP and others) and Spiritual Therapy. IBP trainer ("Lehrtherapeutin") and supervisor, licenced SCI Tantra teacher, Sexual Grounding® therapist and trainer.



Dr. med. Robert Fischer

born in 1955. Medical doctor, specialist for psychotherapy and psychiatry FMH, running his own practice in Switzerland. Educated and trained in humanistic psychotherapeutic methods (Gestalt, Integrative Body Psychotherapy, and others). Many years of experience in leading men's workshops; Sexual Grounding® therapist and trainer; teacher and supervisor in the education and training of psychotherapists.

N.S. Fischer and R. Fischer are married to each other and have two daughters. They have been leading trainings for women, men and couples in Western Europe, Russia and the USA since 1989. As faculty members of the IBP Institute they are also in charge of IBP's further education program in sexual therapy and sexual counselling. Sexual Grounding® trainers and leaders of rituals.

Frequent feedback from participants

Gentle encouragement, high level of integrity, professional, well-founded, personally present, deepens and improves the quality of relationship and sexuality; easy integration and realistic success in daily life; have gained more confidence on the job, their humorous and light hearted attitude combine beautifully with their professional seriousness; they live what they teach; this work opens access to the mysteries of life.

ManWoman-Symphonie 2009



Steps of maturational development towards a fulfilled sense of sexual love, based on SGT® and rituals

Sexual Grounding® Therapy (SGT), developed by Willem Poppeliers, is an innovative approach to a systemic and body oriented sexual therapy founded on depth psychology. It hence provides an important core aspect which has been missing in current psychotherapeutic methods and tantric schools so far.

Our experience has shown that this work supports the ability to deal with crucial life topics on a day-to-day and sustainable basis, i.e. especially one's own capability of loving and relating sexually and parenting children as natural sexual beings.

Our experience has shown that this work supports the ability to deal with crucial life topics on a day-to-day and sustainable basis, i.e. especially one's own capability of loving and relating sexually and parenting children as natural sexual beings.

The participants experience how the history of their own sexual development is healed by re-enacting it – beyond taboos or over-sexualisation.

Having experiences we missed out on re-parented by "good parents" enables us to live fulfilling relationships as self-regulated adults. We directly work with sexuality in liberating clarity and naturalness.

We think, eat and chat naturally – and are able to sexually mature, love consciously and age vitally with the same

degree of naturalness and vitality. Being sexually rooted and able to love requires the acknowledgement of our connections to the ancestors, parents, siblings, partners, children and other progeny.

We consider this part of everyday spirituality. At the same time we look to the future – life has a specific task in store for us at every stage of our sexual development. We look from the future to our lives today – the view from the death bed makes clear what is truly important.

It is about the capability of loving sexually as a man and a woman, about the vision and reality of profound relationships based on inner freedom.

This is why this training also constitutes an important gift which couples can give to their relationship.

It helps us to liberate ourselves from the dependency of unwanted entanglements and create more time for love. Not only will you benefit from these new experiences of loving and living, but so will your children. Whenever parents are happy with each other and their love is thriving, so are the children.

The three cycles of MannFrau Symphonie cover our whole lives as sexual beings. Wherever you may be at present:

In this training you will, step by step, experience and develop the various maturational stages of your capability to love sexually and in relationship.

The MannFrau Symphonie Training as a personal experience also constitutes an optimal foundation for your continuous professional education in sexual therapy and sexual counselling.



The Stages of Sexual Maturation from Childhood into Old Age

- The significance of the parent-child-relationship in childhood and how it impacts our capability of loving our partners
- Puberty: The threshold to adolescence, learning to self-regulate
- The freedom of choosing to be in a relationship
- Living the relationship without putting a third element in between (be it an affair, the computer, or the children)
- Being able to stay in a relationship, feeling free in it and harvesting the fruits.
- Developing inner balance: from the polarity of man and woman to harmonisation as a couple in the partnership and on to transformation (the ability of uni-

ting the masculine and feminine aspects in oneself)
- The parents die, the children have grown up: Sexual power and love energy as the gateway to the ancestors
- The autumn of life: Loving encounter and sexuality in old age – how the grandchildren benefit, giving your energy to the whole, aging with vitality, dying with a sense of fulfilment.

We combine Sexual Grounding with powerful rituals, solution-oriented clarification of relationship issues, role plays, a special form of systemic constellation work, various body exercises, the essence of tantric energy work and shamanic elements.

Every age has a specific pleasure, spirit and sensuality



ManWoman-Symphonie

Stages of maturation towards fulfilment in sexual love

A three cycle training experience for women, men and couples

The seminars are run and facilitated by Notburga Surabhi Fischer and/or Robert Fischer, together with a supportive team of assistants. All three cycles booked and paid as a package cost 3960 Swiss Francs. The first cycle can also be booked individually.



1st Cycle

The innocent child and setting out as a teenager

Becoming a sexual man, a sexual woman – how the oedipal time and puberty influence our sexual development – how our experiences in these stages of development impact our ability to freely choose our partner later on.

For example: Some look for partners who are beyond their reach, others cannot really surrender sexually or open up their hearts. These days are about re-enacting healing experiences.

Date: Sun 29/03/09 – Sun 05/04/09
Venue: Idyll Gais
Location: Gais (near Lake Constance)
Course fee: 1540 Swiss Francs
Board&Lodg: 100–150 Swiss Francs/day

2nd Cycle

The couple – sowing and harvest

How man and woman arrive at the relationship in their masculine and feminine powers and as a couple learn to concur – how they dedicate themselves to the relationship without a third element in between – how they can stay and still feel free.

In these days we dedicate the time and a lot of humor to the core issues of a relationship: living together-ness, giving birth to and harvesting its fruits (children, projects, etc).

Date: Tues 28/07/09 – Tues 04/08/09
Venue: Idyll Gais
Location: Gais (near Lake Constance)
Course fee: 1540 Swiss Francs
Board&Lodg: 100–150 Swiss Francs/day

Please consult with us if you would like to participate and have not done the 1st Cycle.

3rd Cycle

Dignity and Essence – core issues in the second half of life

Maturing within, finding balance, being connected with the partner and the masculine and feminine energies within us – harvesting the ripe fruits of the relationship, aging with vitality and dying with a sense of fulfilment.

This cycle is about the spiritual dimension of our sexual being in the second half of life. It is a calm and quiet space, with a sense of presence and awareness of the small and big things of daily life arising.

Date: Sun 20/09/09 – Sat 26/09/09
Venue: Idyll Gais
Location: Gais (near Lake Constance)
Course fee: 1320 Swiss Francs
Board&Lodg: 100–150 Swiss Francs/day

Please consult with us if you would like to participate and have not done the 1st and 2nd cycles.



Power – Authority – Responsibility

Robert Fischer and his team
for men of all ages

Gaining Power

- Self-development and discovering one's true nature frees up energy
- Genuine friendships and gathering with others nourish a man's soul
- A man's relationship to his father and his ancestors provide the foundation of being a man with a sense of naturalness

Developing Authority

- in discovering and sculpting one's own talents
- for the challenges at any stage in life
- in the loving sexual relationship

Taking appropriate responsibility

- with passion and joy due to greater power and authority
- as researchers for the benefit of men in our rapidly changing times
- aware of being part of a whole
- in order to realize our own dignity and grandeur

Fathers and Sons

The relationship between father and son is a source of power and brings naturalness to the way in which we are men. The son detaches from the father in order to find him again in a new context. A father lets his son go and yet is there with him.

Date: Wed 20/05/09 – Sun 24/05/09
Venue: Idyll Gais
Location: Gais (near Lake Constance)
Course fee: 720 Swiss Francs
Board&Lodg: 100–150 Swiss Francs/day

for sons who are not gainfully employed: 100 Swiss Francs

My Vision

Life gains meaning and depth when we know our destiny. Preparation indoors and ritual in nature, alone and with other men.

Date: Fri 19/06/09 – Sun 21/06/09
Venue: Bern and surroundings
Fee: 400 Swiss Francs (incl. overnight)

Location Fire

Gain crystal clarity about your location in life with other men at the fire and indoors. Take new impulses home. A chance to meet first-time and former and L'hom participants. Bring your father, son, brother, friend and colleague!

Date: Fri 21/08/09 – Sun 23/08/09
Location: Rügel bei Olten
Course fee: 400 Swiss Francs
Board&Lodg: 90–100 Swiss Francs/day

The Sexual Man

Erotic masculinity is creative. Bringing healing to how we develop sexually releases blocks and liberates us. Our goal is to wholeheartedly stand our ground as men.

Date: Wed 14/10/09 – Sat 17/10/09
Venue: Kisslegg Sonnenstrahl
Location: Kisslegg (near Lake Constance)
Course fee: 540 Swiss Francs
Board&Lodg: 58–93 Euros/day



For more information visit our website at www.mann-frau.com

Aphrodite's Source

Feminine Power and Surrender

Notburga Surabhi Fischer and team
for women

There are topics in our lives for which we need mainly the support of other women, in order to follow a new path towards being fulfilled and content as women.



Every woman as a sexual being carries in herself the potential of being a magnetic field of attraction for what she wants to manifest in life.

Re-connecting with our female ancestor line is a source of feminine womb power from which we source the energy for our lives as mothers, lovers and professional women. How can I benefit from the power of my female ancestors for my vision of my life and my relationship?

During these days together we experience the essential life cycles of our being women and our sexual being as the magnetic power of attraction. We can thus make our visions come true in the reality of our lives. The feminine power of surrender constitutes an invitation for the man to actively involve himself in the relationship. This workshop brings

together all those women who want to be in touch with their power and their capability of surrender

Date: Fri 14/08/09 – Tues 18/08/09

Venue: Idyll Gais

Location: Gais (near Lake Constance)

Course fee: 720 Swiss Francs

Board&Lodg: 100–150 Swiss Francs/day

Other Offers

International Vision Camp for Women and Men in the Altai Mountains in Russia

With Notburga Surabhi and Rober Fischer. For men, women and couples from Eastern and Western Europe. Vision camp in a powerful natural environment, focusing on the alchemy of the encounter between man and woman.

Date: July 9 – 18, 2009

Fee: 420 – 550 € plus board & lodging

New Year's Celebration

We will celebrate a sensual and conscious beginning of the new year – with a festive ritual, time to let go, to pause, to re-align and to open up to the new vision for 2009. Start at 10:30 a.m. on the first day.

Date: Thur 30/12/10 – Sun 02/01/11

Venue: Idyll Gais

Location: Gais (near Lake Constance)

Course Fee: 750 Swiss Francs

Board&Lodg: 100–150 Swiss Francs/day

Sexual Therapy and Sexual Counseling

Advanced training at the IBP Institute www.ibp-institut.ch

Notburga Surabhi Fischer and Dr. med. Robert Fischer

For more information visit our website at www.mann-frau.com

General Information

The seminars and trainings start at 6:00 p.m. on the first day and end after lunch on the final day (appr. 3 p.m.) unless stated otherwise. The fees are stated per person.

Signing up: Your registration becomes legally binding by sending the registration form on paper or electronically. Participants living in Switzerland will then be sent a bank transfer form. EU – participants use our German bank account or pay cash upon arrival at the seminar. Directions are mailed out before the seminar.

Terms and Conditions of Participation:

Upon cancellation until three weeks before the start of the seminar/ training 15% of the course fee is due. In the event of cancellation within three weeks before the start of the seminar the whole amount is due, unless somebody can take your place. If a participant decides to leave early there is no refund.

Disclaimer: Your participation is voluntary. Every participant takes full responsibility for him/herself and his/her actions during the seminar/ training and is liable for any damages that may result from his/her actions. This means that the organisers, facilitators, leaders and hosts of the seminars/trainings are free of any liability.

Please note that the seminars / trainings do not constitute medical or psychotherapeutic treatment. If you have been seeing a therapist you are requested to clarify with them whether it is possible for you to participate in our seminars / trainings. If you have an infectious disease you are obliged to clarify your participation with us before registering.

Discounts can be granted in justified cases or when repeating a seminar/ training. Please contact us.

The pictures are taken from the book "Liebe, Augenblicke der Menschlichkeit", Knesebeck Verlag, www.knesebeck-verlag.de

Information und application:

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Informationen to the content

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