

Personality Sexuality Partnership

Seminars
Trainings
Further education

For an earth
in balance

2024



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.



“Highly recommended”
Diana Richardson

Vision and Mission

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.

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

Arthur Schopenhauer

The Leaders



Notburga 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. 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.

Our seminars and trainings...

promote...

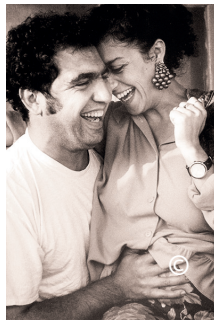
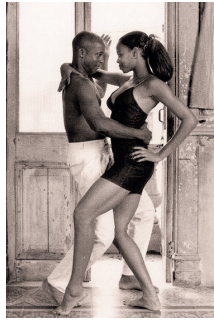
- a vibrant personality.
- sexual healing in women, men and couples.
- naturally relating to the sexual aspect as a source of life.
- the dignity of men and women at all stages of life.
- the ability to live in a relationship with future orientation and parenthood.
- resource-oriented solutions in dealing 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.

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

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.

This training integrates new results of brain research on optimal experiential learning for adults.

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 modules 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.

Every age has a specific pleasure, spirit and sensuality.



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 uniting 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.

ManWoman Symphonie

Stages of maturation towards fulfillment in sexual love

Training in three modules for women, men and couples

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



For more information visit our website at www.mann-frau.com
We provide translation for english speaking participants.

1st Module

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	01.04.–08.04.2024
Venue	Idyll Gais
Location	Gais (near Lake Constance)
Course fee	1680 CHF
Board&Lodg	119–179 CHF/day

2nd Module

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 creatively act together – how they dedicate themselves to the relationship without a third element in between – how they can stay and still feel free.

With a lot of humor these days are dedicated to the core issues of a relationship: living togetherness, giving birth to and harvesting its fruits (children, projects, etc).

Date	07.07.–14.07.2024
Venue	Idyll Gais
Location	Gais (near Lake Constance)
Course fee	1680 CHF
Board&Lodg	119–179 CHF/day

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

3rd Module

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 fulfillment.

This module 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	06.10.–12.10.2024
Venue	Idyll Gais
Location	Gais (near Lake Constance)
Course fee	1440 CHF
Board&Lodg	119–179 CHF/day

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

Aphrodite's Source

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.



Diving for pearls

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. Are you hearing that life is calling you to show up and share your contribution in this challenging times.

In this transformative seminar for women, we use our sensual and creative womb space and the connection to the potential that lies in our female ancestral lineage. Awakening this primal power is the key to navigate in the chaos of everyday life and this rapidly changing world. We open a space for intuitive field awareness, trusting our inner guidance and taking leadership for the benefit of all involved beings.

Leader	Corinna Möck-Klimek & Notburga Fischer
Date	16.05.–20.05.2024
Venue	Idyll Gais
Location	Gais (near Lake Constance)
Course fee	880 CHF
Board&Lodg	119–179 CHF/day



Menopause

gaining a new fertility

Our female uterus as an empty space for creation will be in the center of these days.

What did I give birth to? Which projects, life tasks I can let go? What are matters of the heart I am pregnant with? What kind of support is needed to let my core visions manifest in life?

We invite all women short before, during or after menopause who want to reconnect with this transformative power of creation and take their place as wise women in dignity.

Leader	Notburga Fischer und Team
Date	24.10.–27.10.2024
Venue	Idyll Gais
Location	Gais (near Lake Constance)
Course fee	590 CHF
Board&Lodg	119–179 CHF/day

Totally me

On the trail of my potential
Young Generation (age 18–35)

We set a new course for a fulfilling relationship life by recognising and integrating our history

Leaders	Notburga Fischer and Mireille Jung
Date	12.09. (10.15 a.m.)–15.09.2024
Location	Kientalerhof
Course fee	CHF 770 (+ Accommodation)



feuer für die zukunft fire for the future le feu pour l'avenir



feuerfuerdiezukunft.net
ALL GENERATIONS

Creative meeting for the future

With a round-the-clock fire as the centrepiece, we develop our own commitment for the future through exchange and creativity. Fun and mutual inspiration characterise the atmosphere. For all generations and for you, if you love mutual inspiration.

Date	06.06.–09.06.2024
Location	Haus Sunneblick, Kandersteg

Introduction seminar

for men, women and couples

In this introductory seminar, we provide an overview of the important stages of maturity of sexuality and relationship skills from conception to death. Impressive experiential structures from Sexual Grounding® provide new resources for dealing with relationship pitfalls and important keys for a vibrant sexuality and fulfilling partnership.

Leaders	Robert and Notburga Fischer and Team
Date	25.–27.01.2024
Location	Gais (near Lake Constance)
Course fee	CHF 460
Board&Lodg	119–179 CHF/day

Fathers and sons seminar

New from 2024

Leader	Bruno Manser and team
Date	08.05.–12.05.2024
Location	Gais (near Lake Constance)

Being there and bonding

Using body and resource experiences to achieve a natural presence and secure attachment skills.

Leaders	Robert Fischer supported by Notburga and team
Date	28.01. (11 a.m.)–02.02.2024
Location	Gais (near Lake Constance)
Course fee	CHF 1320 (+ Board&Lodg 119–179 CHF/day)

Further education

Sexual relationship issues in therapy and counselling

Body-, relationship- and family system-orientated. For psychotherapists and counsellors.

Leaders	Notburga and/or Dr. med Robert Fischer
Period	May 2024–2025, in seven blocks of three days each
Organisation and registration:	ibp-institut.ch

Sexual relationship issues in body therapy practice

Leader	Notburga Fischer
Date	01.03.–03.03.2024
Location	Kientalerhof

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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