REGISTRATION COUPON

(Please cut out or take a photo and mail, send or fax to Alfred R. Austermann, Königstuhlweg 23, 12107 Berlin, Germany, Phone: +49-30/69 81 80 71, Fax: +49-30/69 81 80 72 mail@ifosys.de)

I hereby register for the seminar:
Relief – Healing Paths for Solitary Twins
with Aqua-Release®-Healing in Berlin
Monday, 28th September – Saturday, 3rd October 2026

Liability: Participation of the seminar is at your own responsibility. The exercises offered and the therapeutic accompaniment are preventive and complementary psychotherapy, which are not subject to VAT. The seminar is intended to compliment – but not replace – individual medical or psychotherapeutic treatment. The seminar leaders and the organizers are not liable for damage except in the case of willful intent or gross negligence (accident, property damage, theft, etc.)

Withdrawal conditions: The seminar fees must be settled at the time the registration coupon is submitted.
In case of cancellation, the following rules will apply:
- up to 4 weeks before the seminar: refund of payment minus a processing fee of €50
- up to 14 days before the seminar: 50% refund
- any later cancellation: no refund, unless another participant registers

I have transferred the seminar fee of €: _____
to account no.:
A. Austermann, Berliner Sparkasse
IBAN DE48 100 500 0006 1019 0300 • BIC BELADEBE

Name: _____

Street: _____

ZIP / City: _____

Email / Tel .: _____

Place and date: _____

Signature: _____

Further information will be sent.

PLEASE SEPARATE HERE
Design: A. Karl, © Cornerstone_pixelio.de

Alfred Ramoda Austermann

Certified psychologist, alternative medicine practitioner, Psychodrama training 1982-1987, advanced training in Bioenergetics and Biodynamic Psychology, development of Aqua-Release®-Healing and Life-Dance® body and dance therapy and Soul Release Reimprinting, musician (Afro drums and didgeridoo). Further training in systemic family therapy, with Bert Hellinger, Gunthard Weber and trauma therapy with Fred Gallo and Peter Levine. Training in energetic healing work with Linda Vielau, certified Emotion Code practitioner. Since 1985 facilitator of seminars and therapy groups in the field of humanistic and spiritual psychology. Specialized for 29 years in family and organizational constellations and trauma therapy. Recognized family constellator and trainer, Head of training groups in Berlin, Brussels, Budapest and Wrocław. Father of two children.

Bettina Austermann

Social pedagogue/alternative practitioner (psychotherapy)
Caring for young people in therapeutic flat-sharing communities, advanced training in Gestalt and Body therapy, training in NLP, advanced training in systemic family therapy by Bert Hellinger and Gunthard Weber, Albrecht Mahr, advanced training in trauma therapy / Energy Psychology with Fred Gallo and Peter Levine. trained in energetic healing work with Linda Vielau, and Aqua-Release®-Healing, seminar leader and individual counselling since 2000. Co-developer of Soul Release Reimprinting. Recognized systemic constellator and training therapist. Mother of two children.

Further information and registration:

IFOSYS-Institut
for systemic constellations and trauma therapy
Alfred Ramoda Austermann
Bettina Austermann
Königstuhlweg 23, 12107 Berlin
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Tel.: +49-30/69 81 80 71 Fax: +49-30/69 81 80 72
www.ifosys.de Email: **mail@ifosys.de**

Relief

Healing paths for solitary twins (womb twin survivors)

With Aqua-Release®-Healing

Seminar held in English and German language

Spiritual healing work for body, mind and soul

September 28th - October 3rd 2026

Berlin/Germany

With the pioneers of a new healing approach relating to a lost twin

Alfred Ramoda Austermann
psychologist / alternative medicine practitioner
and **Bettina Austermann**
social pedagogue / alternative practitioner psychotherapy

Relief

Healing paths for solitary twins

With Aqua-Release®-Healing –
Intensive treatment for body, mind and soul

This intensive seminar is for you if you know or suspect that you have not started your journey into life alone, and are looking for ways to heal this wound. There were two or three of you in the womb and you experienced how the other one died right next to you. Many of those who have experienced the above suffer from loneliness, longing, love life difficulties, failure, deep feelings of guilt and, for some, persistent anxiety. Perhaps you too have already tried many therapeutic methods without any real improvement and are now looking for support from experts?

We work with Aqua-Release®-Healing, Energetic Trauma therapy (EFT), Biodynamic Body Psycho-therapy, involving rituals, trance journeys associated to other processes. In a protected and respectful group atmosphere healing can be supported so that joie de vivre, happiness, successful love relationships and contentment are restored.
Aqua-Release®-Healing is a deep healing work for the soul. It consists of Bio-Release Massage, deep relaxation, contact exercises. This psychotherapeutic approach is carried out in warm water and involves gentle support which dissolves mental blockages. This technique also involves other processes outside water.
This process was developed by the qualified psychologist Alfred R. Austermann, founded in 1991 and continuously developed since then. In warm water you will be held lovingly by your healing partner. You will start to float more and more, you will move with the flow and eventually merge with the water, with your neck relaxed and your limbs swaying in the water.
The tensions accumulated over the past weeks and months are washed away. You float in the womb, in the ocean, in space. Often memories of time with the twin emerge when everything was perfect. Old wounds of not being accepted but also the loss of the twin come back to consciousness with the associated pains and through lovingly being held finally heal. Likewise holding and giving can provide a deep and healing experience. You will be thoroughly briefed on how to hold your partner safely.

The ideal combination of being in and outside water with different therapeutical methods gently supports the opening of prenatal memories. After a caring and gentle launch in water the subsequent group sessions in the healing room provide a powerful experience.
You will be able to access the feeling of intimacy with the twin in the womb, and your heart will open up.
As you acknowledge the presence of your twin at the time you were sharing space in the womb, you will find peace. Your quest will finally be fulfilled. At that stage, you will allow healing to take place with respect to the wounds and confusion you experienced. Some people need time to deal with the shock they went through when their twin died.The energy of pain and sorrow must be shaken to make space for the joy and gratitude associated with this intense proximity in the womb to be relived. The love that was experienced stays in the heart for ever.
At some point it's time to let go of the other for example with a farewell or funeral ritual. The energetic hole caused by the loss of the other can be allowed to heal and disappear. Everyone affected has their own personal path of healing. We support this with exercises and rituals in and outside water. We spend around four hours a day in the pool and the same time in the seminar room.

The seminar location: Located in the south of Berlin, only 45 minutes by public bus from the airport is a private house with a specially equipped pool and seminar room surrounded by lush green gardens, small houses and a nearby park.

Accommodations: It is highly recommended to stay close to the seminar location to have time for walks and integration. Berlin is huge and one could spend quite some time in public transport. Hotel Alpinia in Säntisstraße is 10 minutes away on foot. It is appreciated by participants. There are also private accommodations and holiday apartments within short walking distance. Please check with us if you would like to share a room, we could possibly organize it, or check Airbnb and Booking.com. A simple dormitory accommodation for a limited number of participants is available on the spot. Please check with us.

Meals: Vegetarian lunch is organized by us on the spot. There is a rich snack buffet for the tea/coffee breaks all day.

Fees: Registration and payment by August 14th 2026: 645 €
Registration and payment from August 15th 2026: 695 €
Including pool use and energy cost sharing

Seminar start: Monday, September 28th 2026 at 4:00 p.m.
End of seminar: Saturday, October 3rd 2026 at 4:30 p.m.