

● **Anreise mit der Bahn**

Fahren Sie vom Starnberger Bahnhof, einem Flügelbahnhof des Münchener Hauptbahnhofs, in Richtung Garmisch bis Tutzing und von dort weiter mit der Regionalbahn Richtung Kochel bis nach Penzberg. Von dort geht es weiter mit dem Taxi. Wir empfehlen, das Taxi vorzubestellen unter den Rufnummern: +49-8856-81844 oder +49-8856-2270

● **Anreise mit dem Auto**

Mit dem Auto fahren Sie auf der Autobahn München–Garmisch bis zur Ausfahrt Penzberg, dann rechts in Richtung Iffeldorf, nach etwa 120 m direkt nach dem Ortsschild Unter-aurach (dort steht links ein Wegweiser Richtung ZIST) wieder nach rechts und auf dem Nantesbucher Weg durch Wiesen und Wälder und an Seen vorbei genau 3,7 km bis ZIST.



Stand: 31.10.2018

- **ZIST ist** ein Institut für persönliche und berufliche Fortbildung zur Entwicklung menschlicher Kompetenz durch Selbsterfahrung in Krisenhilfe, Wegbegleitung und Psychotherapie vor dem Hintergrund der Humanistischen Psychologie in herrlicher Alleinlage im bayrischen Voralpenland und Heimat der *ZIST Akademie für Psychotherapie*.

Das Programmangebot von ZIST umfasst

- Workshops zur Selbsterfahrung in den Bereichen Persönliches Wachstum, Beziehungen, Gesundheit, Kreativität und Spiritualität.
- Workshops zur Fortbildung und
- längere Fort-, Weiter- und Ausbildungen in tiefenpsychologisch fundierten, potentialorientierten und Spiritualität integrierenden Verfahren.
- Ausbildung zu Psychologischen Psychotherapeuten sowie zu Kinder- und Jugendlichen-Psychotherapeuten an der staatlich anerkannten *ZIST Akademie für Psychotherapie*.



ZIST gemeinnützige GmbH

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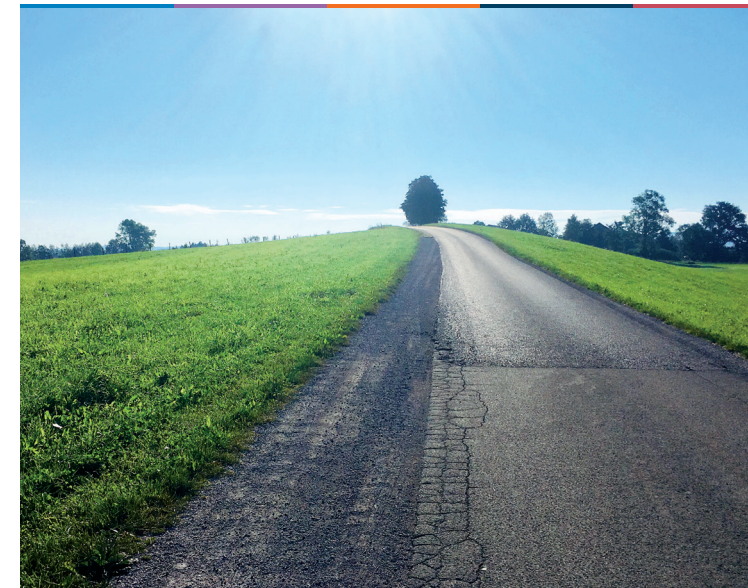
E-Mail **info@zist.de**
 Telefon **+49-8856-93690**
 Telefax **+49-8856-936970**
 Mo. – Fr. 9.00 – 13.00 Uhr
 und 14.00 – 15.30 Uhr
 Do. bis 18.00 Uhr

www.zist.de | www.zist-akademie.de | Facebook

Reinhard Flatischler | Tupac Mantilla |
 Anna-Maria Weber and various Surdo drummers

TAKETINA RHYTHM NEW YEAR'S – CELEBRATION-MEDITATION

A change of the year celebration



Course language English

SELBSTERFAHRUNG
 KREATIVITÄT

DECEMBER 2018

TAKETINA RHYTHM NEW YEAR'S – CELEBRATION-MEDITATION

● DATE & PRICE

December 30, 2018 –
January 3, 2019
Sunday, 6.30 p.m. –
Thursday, 2.00 p.m.
Fee 515 €
plus room and board.
Place, registration: ZIST
Penzberg No. 181232

● Hinweis

Wir machen Sie darauf aufmerksam, dass eine finanzielle Unterstützung für Workshops zur Selbsterfahrung durch den ZIST Förderverein e. V. möglich ist. Bitte wenden Sie sich im Bedarfsfall an Heike Brandt-Frederiks im ZIST Büro.

● DESCRIPTION

If you want to spend a truly unforgettable *change of the year event*, from which you also will take away highly valuable information for your life – then this is the event for you! Reinhard and Tupac have been touring the world together the last years, fascinating audiences in China, New Zealand, Latin America and Europe. Through this collaboration the duo founded the *Rhythm Leadership Alliance* which has the purpose of showing, how rhythm can help to live a responsible, joyful and compassionate life while developing leadership, mental strenght and emotional resilience.

All this aspects will be integrated in the Celebration-Meditation event 2018/19 as Tupac and Reinhard will offer a unique journey. Participants will be guided through performances, state of the art talks, reflections and extended experiences of TaKeTiNa and Tupac's rhythmwork. All this will be framed by guided meditations with flute, gongs and stillness.

In the last hours of the year there will be dancing with the opportunity to learn the basic Salsa and Samba movements to authentic music – learning in its most effortless and joyful forms. Then you can interact immediately with other participants in a creative way, dancing into the New Year.

If you want to enjoy rhythm in a completely new way and if you want to celebrate your life in gratitude and happiness with likeminded people, register for the Celebration-Meditation 2018/19 event. We are looking forward to meet you in person.

● BIOGRAPHIES



Reinhard Flatischler, born in 1950. Reinhard Flatischler studied piano at the prestigious *Music University in Vienna*. Flatischler is the founder of the TaKeTiNa rhythm process, which today is used in education, therapy and performance worldwide. With his compositions and his educational approach, Flatischler has fundamentally influenced the European drums and percussion scene. The media repeatedly describes him as the "ambassa-

dor of the global language of rhythm." Flatischler's CDs and books (e. g. *Rhythm for Evolution*, Schott) won several awards and are regarded as standard music literature. Flatischler performed with some of the best drummers of our time, amongst them Airtó Moreira, Zakir Hussain, Glen Velez, Leonard Eto of KODO, the Auckland Philharmonia amongst others.

Publications

TaKeTiNa – die heilsame Kraft rhythmischer Urbewegungen, Irisiana Verlag (2012)

Urkraft Rhythmus, Junfermann Verlag (2009)

Rhythm for Evolution, Schott Verlag (2006)

Rhythmus als Weg, Synthesis Verlag (2000)

More on: www.taketina.com



Tupac Mantilla. Colombian percussionist Tupac Mantilla is considered nowadays one of the leading forces in the contemporary rhythm world. His prolific career includes appearances in venues such as Carnegie Hall and collaborations with artist such as Bobby McFerrin, Esperanza Spalding and Zakir Hussain. 2009 Tupac was recognized with a Grammy nomination. Tupac's innovative rhythm and body percussion related methods, books and systems have benefited directly more than 150 000 people around the world.

www.tupacmantilla.com



Anna-Maria Weber, studied flute, instrumental pedagogy and chamber music at the *Music University Trossingen* with Prof. Arife Gülsen Tatu. She attended a further training in music mediation at the *University of the Arts Bremen* as well as amongst others masterclasses with Andrea Lieberknecht, Christina Fassbender and Gudrun Hinze. She won several awards in international music competitions. Anna is a freelance musician in various orchestras and ensembles and a flute teacher as well as TaKeTiNa teacher. She works on incorporating the TaKeTiNa knowledge into the classic field.