

## CORE ENERGETICS INTRODUCTION

Thursday 29 March 2012

### ABOUT CORE ENERGETICS

Core Energetics uses energy, movement, breath and inter-personal relationships to create consciousness about who you truly are. You become aware of the ways in which you hold yourself back from living a deeply fulfilling life. One way we all inhibit ourselves is by blocking our energy – and our emotions- in parts of our body. By learning how to move the energy in your body, you learn to free your emotions and to get in touch with all your feelings. When you loosen these local blocks, your experience of your entire body changes. Clients say they have become more alive, powerful, joyful, daring..... Core Energetics is a creative, dynamic and effective way for you to experience fully the creativity, dynamism and joy of your own life energy!



Anna Timmermans

### INTRODUCTION

During this day we will explore Core Energetics as a modality of body psychotherapy. Participants will have the opportunity to experience the work and they can find out if this training suits them. This introduction will be led by the director of the NICE institute, Anna Timmermans. We will work this day with **IMAGES** and how they are settled in your body. This is an opportunity to find out more about this topic. All people are welcome. Please bring your curiosity, your willingness, and be ready to move and experience your body and emotions.

### INFORMATION

Investment: € 70. Enrollment by payment  
Vegetarian lunch, coffee and tea during the day included.

Location: Centrum De Roos, P.C. Hoofstraat 183 Amsterdam [www.roos.nl](http://www.roos.nl)

Time schedule: Start 10.00h. End 17.00h.

For more information and to organize enrolment, please contact Lucy, [Info@lucyzijlstra.nl](mailto:Info@lucyzijlstra.nl) 06-20312238

Your payment has to be transferred to: Core4Core, Nederasselt  
IBAN: NL65 Rabo 0374835403. Swiftcode: RABONL2U

For more information about Core Energetics please visit: [www.coreenergetica.nl](http://www.coreenergetica.nl)