



CORE ENERGETICS INTRODUCTION WEEKEND MASK, LOWER SELF, HIGHER SELF 13th – 15th of April 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 very fun way for you to fully experience the creativity, dynamism and joy of your own life energy!

THE WEEKEND

During the Weekend we will explore the Core Energetics Personality Model of Mask, Lower Self and Higher Self. Participants will have the opportunity to experience this work as led by experienced instructors in a safe and inviting environment. This is an opportunity for personal growth and development in a group process format. All people are welcome. Please bring your curiosity, your willingness, and be ready to move and experience your body and emotions.

INFORMATION

Investment: € 400 before march 1st €450 after. Costs for staying and meals are included

Location: De Zevenhof in Havelte.

Time schedule: Start Friday 15.00 hrs. End Sunday 17.00 hrs

For more information and to organize enrolment and payment, please contact

Cees van Loon at: cvloon@veluwe.net

At the latest two weeks before the training starts, your payment has to be transferred to: Core4Core, Nederasselt (IBAN: NL65 Rabo 0374835403. Swift code: RABONL2U.)

For more information about Core Energetics please visit: www.coreenergetica.nl