



Free your sexual energy, Free your life!

**Core-energetic Weekend for women
24th – 26th February 2012**

Empower yourself through freeing your sexual energy...

In Core Energetics, sexual energy and life force energy are one in the same. When allowing ourselves to fully experience our energy, we are our true creative and vibrant selves. We are connected to our life purpose and feel the excitement and pleasure of being. When we allow the flow of our sexual energy we have the capacity to feel deeply connected to ourselves and others. In this fun and lively interactive workshop, you will learn techniques to release the emotional and physical blocks keeping you from experiencing your energy fully.

Participants will experience the Core Energetic approach to transformation as led by a leading and experienced instructor in a safe and inviting environment. This is an opportunity for personal growth and development in a group process format. Please bring your curiosity, your willingness, and be ready to move and experience your body and emotions.

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 experience fully the creativity, dynamism and joy of your own life energy.

Led by Anna Timmermans

Director of Cordium Core Evolutionary professional training institute. She holds a European Certificate of Psychotherapy and was trained by John Pierrakos in Core Energetics. She has also completed Bio-Energetics Analysis training.

Anna been a practicing body-centered psychotherapist and teacher since 1982. She is the Co-owner of Cordium, Center for Growth and Development in Nijmegen, Netherlands.

Anna teaches groups and in workshops also in Mexico, New York and California. Her passion is to train Core Energetic therapists and to develop Core Energetics as an autonomous method of therapy in the Netherlands.



Practical Information

When: We start on Friday, 24th February 2012 at 5 p.m.
We end on Sunday, 26th February 2012 at 5 p.m.
Please feel free to come a half hour early for snacks and beverages.

Location: De Clinge, Schapendrift 7, 9483 TT Zeegse, Nederland. www.declinge.nl
Distance to Groningen: 25 km, distance to Assen: 12 km
Airport: Groningen Eelde: 15 km, Amsterdam Schiphol: 210 km,
Bremen (Germany): 200 km,

Language: English. You can also use Dutch or German for your individual sessions in the group.

Cost: € 365. Cost includes tuition, accommodation in double and triple-rooms, all meals

Information and enrollment:

The workshop is organized and assisted by Regina Rauw, Core-energetic therapist (i.o.).
For more information and to organize enrollment and payment, please contact her at info@reginarauw.eu. We kindly appreciate early enrollment and indications of interest in an effort to provide excellent service.

For more information about CoreEnergetic and Anna Timmermans please visit: www.coreenergetica.nl.
For more information about Regina Rauw and her Core-energetic practice in Assen (North Nederlands) please visit: www.reginarauw.eu/Golfbewegingen



Golfbewegingen
praktijk met lichaam en ziel
Regina Rauw

www.reginarauw.eu/golfbewegingen

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