

5 day workshop  
July 3 - 7, 2019  
Nijmegen  
The Netherlands



# PLEASURE

**“Know, that if you don’t have pleasure, it is because you have lost your truth. Pleasure is the ultimate goal and curative agent of life.” John Pierrakos**

These days little or no people experience the love for life that everyone has the potential for. Everybody wants to enjoy life, but most people tend to look outside of themselves rather than within.

Pleasure is the essence of life; it makes us tick, causes us to act spontaneously and drives us forward. If we are experiencing it on a regular basis, we feel blessed and satisfied. Regular enjoyment keeps us physically and spiritually flexible and prepares us for the unavoidable changes in our lives. Pleasure strengthens our immune systems and our health; it cures our ills.

When we lose the pleasure from our lives an inner fight starts; our energy contracts physically and mentally and we become discontent. We question ourselves and lack self-acceptance.

If we don’t find pleasure from the inside, we compensate on the outside: with sweets, alcohol, drugs, or jumping from one material gratification or sexual partner to the next. But the high is only momentary and demands frequent repetition, ending with addiction, dependence and inner emptiness.

With a variety of different exercises, this workshop will help you get in touch with your blocked energy in order to feel and understand why and where you hold it back in your body. Through consciousness, movement and devotion you can let go of tension and feel your pleasure flowing.



Anna Timmermans MA, who originally was trained at the Lowen’s Bio Energetic Institute in the 80’s, studied Core Energetics at the Berlin Institute, doing her post graduate year in New York. She started her own two year training program in ’92 and founded the Netherlands Institute of Core Energetics in 2005 – an international Core Energetics school in Holland. She teaches in Mexico, Italy, Greece and Poland. She is an exceptional marriage mentor and a non-dualistic healer. Anna brings all of who she is to her teaching and workshops, providing a space of love and acceptance in which participants can explore the very deepest parts of who they are.



Klaus Stinshoff MD, who did his Core training with John Pierrakos in the mid 80’s, went on to co-found the Berlin Core Energetic Centre in 1991. He is a senior teacher of the Netherlands Institute of Core Energetics. As a medical doctor, he chose to train and focus on the potential of people through psychological counselling with emphasis on sexuality and supporting cancer patients. He is an exceptional marriage mentor and a non-dualistic healer. He has a practice in the Centre of Berlin. His intention is to help clients to enhance their liveliness and their capacity to love.

#### When

July 3 - 7, 2019  
Starting July 3, 10.00 hrs  
Ending July 7, 17.00 hrs

#### Where

Cordium  
De Ruyterstraat 65  
6512 GB Nijmegen  
The Netherlands  
[www.cordium.nl](http://www.cordium.nl)

#### Costs and enrolment

Workshop Fee: € 600  
Early Bird discount: € 550 (Payment before May 1st)

Booking € 100 deposit holds your space

Payment thru PayPal at [anna@veluwe.net](mailto:anna@veluwe.net)

#### More information

Call for more information  
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[www.coreenergetics.nl](http://www.coreenergetics.nl)  
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