

# Workshop Core Energetics

Milan

Nov 29 - Dec 1, 2019

## VIBRANT BODY, VIBRANT LIFE

Love of life is everyone's birth right and potential. These days many people are missing pleasure and fulfilment in their lives. Everybody wants to enjoy life, but mostly tries finding it in the outside rather than within.

Pleasure is the essence of life; it let us be vibrant, act spontaneously and drives us forward. Experiencing it, we feel blessed and satisfied. Regular enjoyment keeps us physically and spiritually flexible and prepares us for the unavoidable changes in life.

Pleasure strengthens our immune systems and our health; it cures our maladies.

In order to experience pleasure and fulfilment we need a vibrant body. When we don't keep ourselves in shape or don't nourish ourselves well, we will lose the vibrancy and will become ill. When we lose the pleasure in our life an inner fight starts; our energy contracts physically and mentally and we become discontent, question ourselves and are lacking self-worth and acceptance.

If we don't find pleasure from within, we compensate from the outside: with sweets, alcohol, drugs, or jumping from one external gratification or one sexual partner to the next. But the satisfaction is only momentary and demands frequent repetition - ending with addiction, dependence and inner emptiness. Everyone knows this kind of denial and inertia to some degree.

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

Core Energetics uses energy, movement, breath and interpersonal 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.

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!



Anna Timmermans has a private practice for more than 30 years. She is the director of the Core Energetics Institute in Holland. Cees van Loon finished the Core Energetics training in New York 7 years ago. He teaches at the Core Energetics Institute in Holland.

Together they do couples work and they have a very blossoming therapeutic centre with many different activities.



### When:

Friday 29.11.2019 h 19:00 -21:00  
Saturday 30.11.2019 h 9:30-18:30  
Sunday 01.12.2019 h 9:30-17:30

### Language:

English language with Italian translation  
(if needed)

### Info and registration:

Johannes Schmitz  
Tel. 3355318196  
[coreenergeticamilano@gmail.com](mailto:coreenergeticamilano@gmail.com)

### Price:

300 EUR | 250 EUR early bird till Sept 15

### Location:

Jhana Loft

Via Giuseppe Sirtori, 4, 20129 Milano MI