

# Workshop Core Energetics

## November 8 - 10, 2019

# PLEASURE

Pleasure does not mean pleasurable pastimes of the mind, neither shallow substitutes and escapes. Pleasure, in its true meaning, is a state of physical and spiritual bliss, experienced in every particle of one's body and soul, of the outer and inner being - with all sensations and faculties alive, awake, and feeling.

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 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 Core Energetics Institute in Holland. Together they do couples work and they have a very blossoming therapeutic centre with many different activities.

**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. 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!**



Dates: November 8 - 10, 2019

Hours:  
Friday: 18.00 - 21.00  
Saturday: 10.00 - 19.00  
Sunday : 10.00 - 17.00

Language:  
English with translation to Portuguese.

Investment:

Up to September 20: € 180 "Early bird"  
Up to October 15: € 250\*  
On the day of the workshop € 275\*

\*Discount for students 10%  
(except for early bird price)

The Hotel Riviera  
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