

# Core Energetics Workshop

## Nijmegen, The Netherlands

### July 8 - 12, 2020



# LET GO - LET GOD

*let go your demands  
your fighting  
your self-criticism  
the sarcastic view on  
life*

*let go fear  
let go struggling  
let go resignation  
let go the NO to life*

This is a workshop for individuals and couples, who wish to come in contact with their true divine nature and with their steaming life energy.

Daily life is often dominated by duties, obligations and routines. Frustration of unfulfilled wishes creates demands and forms patterns of fighting or resignation. Pleasure disappears and life becomes dull and empty. We do a lot, work, manage, achieve. ... etc. but there is no fulfillment in what we are doing. Life is managed by self-will, pride and fear.

What is needed?

...to let go our demands, our fighting, our self-criticism, let go the sarcastic view on life, let go fear, let go struggling, let go resignation. ...to let go the NO to life.

In this workshop we want to help you to transform this inner NO to experience your true self within and to feel and know in what direction this inner source wants to lead you. We will work with energetic work, with consciousness and meditation. The main focus will be to get everybody connected – connected to oneself and connected to the others.

Doing so we will experience God.

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!



Anna Timmermans, 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.

Klaus Stinshoff, 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. 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 has a practice in Berlin.

#### When:

Starting July 8, 10 am  
Ending July 12, 5 pm

#### Price:

600 EUR  
550 EUR early bird till May 1

#### Where:

[Cordium](#)  
Nijmegen  
The Netherlands

#### Language:

English

#### Contact person:

Anna Timmermans  
[anna@coreenergetia.nl](mailto:anna@coreenergetia.nl)

#### Practical information

[Buy your place](#)

