

Core Energetics Workshop

Wien

October 28 - 30, 2022

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.



Teachers:

Anna Timmermans, founder of the Netherlands Institute of Core Energetics. Klaus Stinshoff, medical doctor and Core Energetics practitioner. Both are senior Core Energetics teachers. They work together since 1999 with couples and groups.

When

Starting Oct 28, 10 hrs
Ending Oct 30, 17 hrs

Where

Dr. Schmida Institut
Lehárgasse 1/2
1060 Vienna

Costs

Single person: € 450
early bird until August 29:
€ 400

Couples: € 750
early bird until August 29:
€ 700

Tea/coffee and snacks
included

More information

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[Click here to enrol](#)

