

# 5-day workshop Core Energetics

Nijmegen, The Netherlands

July 13- 17, 2022



## LIFE AND DEATH

*“Allowing the free flow of pain permits the divided stream of life to reunify”*

*John Pierrakos*

We live our life and we die our death. No way out.

Death turns up for most of us as a threat that causes fear, anxiety and despair. Most of these strong feelings are dispelled to the subconscious level to avoid the pain of contraction. But they have an influence on our lives. Some people are so intimidated that they stay in the contraction of fear for their whole life and live a dead life; others hurry through life, covering up any fear with their activity; other ignore or neglect deep feelings completely and lose their connection to the depth of their soul.

Death is a challenge to our living. We experience life and death as opposites that are fighting each other. We fight against our own strong fear that arises when we are confronted with the ending of our life. But contemplating, death also has the power to confront us with our lives not lived and the way we suppress our aliveness. In the face of death, this anxiety shrinks. Repressed feelings limit our life energy.

In this workshop we will work with different exercises and experiences to become more alive and to move towards a greater acceptance of the ending of life. When we live our life fully, connected to our inner truth and according to our life task, we enjoy it and may be able to have peace when it is over.



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.

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 fully experience the creativity, dynamism and joy of your own life energy!

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**When:**

Starting July 13, 10 am  
Ending July 17, 5 pm

**Price:**

600 EUR  
550 EUR early bird till May 15

**Where:**

[Cordium](#)  
Nijmegen  
The Netherlands

**Language:**

English

**Contact person:**

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**Practical information**

[Enrolment form](#)

