

February 3-4-5, 2023  
Core Energetics  
Introductory Weekend

# THE NEXT STEP IN YOUR JOURNEY



## ABOUT CORE ENERGETICS

Core Energetics uses energy, movement, breath and interpersonal relationships to create consciousness about 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 and being changes. Clients say they have become more alive, powerful, joyful, daring.

Core Energetics is a creative, dynamic and very fun way to fully experience the creativity and joy of your own life energy!

## THE WEEKEND

A powerful combination of experiential and didactic learning opportunities give you an understanding of how blocked energy affects you. No matter where you are in your personal journey, this weekend will support you in taking the next step. Experience powerful energetic techniques that open the flow of life force! This special weekend intensive includes classes, process group and community events with all students of the school and promises to be personally challenging, enriching and exciting...

## Timeschedule

Start: Friday 3 pm  
End: Sunday 4 pm

## Where

EIGENTIJDSERF  
Spreeuwesedijk 9  
5091 KS Westelbeers  
The Netherlands

## Workshop fee

Regular fee € 300  
Early bird fee € 250  
when you pay before  
January 1st 2023

## Lodging expenses

Room and meals  
€ 235 sharing a 2-person room or  
€ 205 sharing a 4-person room

## Registration

[Click this link to enrol](#)  
or send an e-mail to  
[info@coreenergetica.nl](mailto:info@coreenergetica.nl)