

Core Energetics Workshop Vienna October 27 - 29, 2023

From NO to YES

FROM NO TO YES

We are often not aware of the NO! that we have been carrying around in our lives. This NO! is a resistance against our life force. It stops the flow of the life force in us. It is our wound and it often brings up our primal negative feelings. It is our protest. We might call it our demonic self because it stops our life force. It is our saboteur – the aspect of ourselves that wants us stuck, down, miserable and in darkness and distortion no matter what.

Most of the time we live our lives without any awareness of this inner dynamic. We all carry an inner saboteur that prevents us from living fully, being happy and saying YES! to life.

THE WORKSHOP

In this interactive and experiential workshop, you will learn to identify your NO! to feel more relaxed and happier. 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 experiencing of the entire body changes. Participants say they have become more alive, powerful, joyful, daring etc.



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 27, 10 hrs
Ending Oct 29, 17 hrs

Where

Dr. Schmida Institut
Lehár gasse 1/2
1060 Vienna

Costs

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

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

Tea/coffee and snacks
included

More information

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