

June 14 - 17, 2024

ENERGY, PULSATION AND IN-STROKE POSTGRADUATE MASTERCLASS

Foundations and Inspirations in Core Energetics

In this masterclass we will learn techniques and new possibilities to expand our therapeutic work in order to activate the energy in our clients and get it moving.

Advanced insights from neuroscience, hands-on-bodywork and 'body-mind drama' will deepen our understanding of the pulsating flow of energy as described by Reich in the expansion-contraction function.

- For the hands-on-bodywork, we will introduce various 'myofascial strokes' and other touch techniques for working with 'soft' and 'hard' defense mechanisms.
- We will also introduce the terms 'instroke' and 'outstroke' as energetic movements directed inward and outward to release traumatic numbing.
- The movement of a jellyfish is seen as an example of free pulsation, which is a goal of our work. We will learn to work with the 'jellyfish movement' to support an open flow, an opening and a sustained pulsation in the client, which will serve an inner grounding and a functioning connected to the core. This technique helps to release what Reich called 'counter-pulsations' like blocking, holding, retraction, mere repetition, false grounding and activated images, which we can often observe when helping people to move their energy.
- Breathing combined with the jellyfish leads to a number of additional techniques: the secure, nurturing, exploring, free, excited, orgasmic, ecstatic, surrendering and relaxing breaths.
- Finally, Reich's concept of 'superimposition' will be explained and applied. The contact between therapist and client which forms a functional unit and interacts energetically can be understood through this concept. Further examples of this superimposition of two energy fields are given, leading to a therapeutic 'body-mind-enactment'.



DIRK MARIVOET is the director of the International Institute for Bodymind Integration in Ghent, Belgium. He studied Core Energetics under John Pierrakos, Neo-Reichian Therapy, Postural Integration®, Energetic Integration and Pelvic-Heart Integration under Jack Painter PhD and is a certified trainer/supervisor in this work since 1999. He also studied different types of shamanism and nature spirituality. Earlier in the 80s and 90s he was adjunct faculty Psychomotor Therapy at Leuven University.

[You can compose your Post Graduate Training by participating in five different masterclass modules](#)

Time schedule

Start: Friday 10 am

End: Monday 4 pm

Where

EIGENTIJDSERF
Spreeuwesdijk 9
5091 KS Westelbeers
The Netherlands

Tuition fee

€ 800

Lodging expenses

Room and meals
about € 330 – € 490
depending on roomtype

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or send an e-mail to
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