



# ALLOWING the FLOW

## Relating From Your Authentic Self

with Evelien Bus & Nuno Salema

Energy makes up the entire universe. Energy is in constant movement, flowing and transforming itself. We are energy too and we can flow with it or we can block it and suppress it.

Join Evelien and Nuno for this *Allowing the Flow: Relating from your Authentic Self* workshop. Their body-oriented approach to developmental trauma, rooted in a safe and welcoming environment, supports people to recognize and explore behavioral, emotional and relational patterns that hold them back and cut them off from their life energy.

Through Bodywork, Embodiment Practices, and Individual and Group Process Work participants of the workshop will benefit from a holistic perspective that integrates body, mind, heart and spirit as well as a deepening of their insights into their own personality, survival strategies and unique core qualities.

Evelien and Nuno are trained in Core Energetics and since 2023 they are Co-Directors of the Netherlands Institute of Core Energetics. They feel passionate to work with clients both individually and in group settings, exploring subtle ways to work with the energy and supporting their clients to go deeper in their processes.

### Schedule:

Friday, , November 1<sup>st</sup>, 6pm to 9pm

Saturday, November 2<sup>nd</sup> 10am to 7pm

Sunday, November 3<sup>rd</sup>, 10am to 5.30pm

Location: Cordium, Nijmegen

Investment: Students 400 Euros w. food/

Non-Students 450 Euros w. food

Enrollment: [n\\_salema@hotmail.com](mailto:n_salema@hotmail.com)



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**Evelien Bus** is a Core Practitioner in Mijdrecht, near Amsterdam. Before the training in Core Energetics she did a 10 years' training in subtle energy work (sensing energy, reading energy). In her practice she combines both ways of working and her heart is in bringing awareness on the energetic level. Besides, she is a dedicated mother, and teaches at the teacher training of the Amsterdam University of Applied Sciences, at the department of mathematics.

**Nuno Salema** is a Psychologist with a Master Degree in Clinical Psychology. He is trained in Core Energetics working with individual clients, and corporations. He created Men made Self – a support network for men to connect with their power, vulnerability and authentic self.

[nunosalema.com](http://nunosalema.com) / [menmadeself.com](http://menmadeself.com)