

CORE ENERGETICS INTRODUCTION WORKSHOP

Sunday August 11th, Amsterdam

Body, Mind and Spirit

WHAT

Body mind and spirit are one, but very often we only live in our heads. We tend to skip our emotions, feelings, intuitions and sense of the bigger picture that we are a part of. In this workshop we will do some physical exercises to ground you in your body and learn what your body wants to tell you. You'll be invited to get in touch with your heart and your feelings. We will encourage you to express your emotions to get to know them, to acknowledge them. We will also consciously connect to our essence and to the bigger field we are all part of. And integrate all of those experiences, because together they make you the unique individual that you are. There will be time and space to connect and share about your experiences with other participants.

FOR WHOM

For anyone who wants to gain insight in their mental, emotional and spiritual patterns and is looking for more energy, more zest for life. This workshop is also very suitable for people who are thinking about doing the Professional Training (international, language English, 4 years, start October 2024) or the Transformation Training (language Dutch, 2 years, start October 2024)

BY WHOM

The workshop will be given by Riet Mellink and Evelien Bus. They are both co-directors and teachers/trainers at the Netherlands Institute for Core Energetics (NICE).



Riet Mellink worked as an art teacher and producer/programmer/coach for site specific art festivals, and still creates artwork and coaches performers today. In 2012, she started the professional training at NICE. Since 2016 she works as a Core Energetic practitioner in Amsterdam, and co-leads an ongoing therapy group in Nijmegen. She teaches at NICE's Transformation Training and Professional Training.



Evelien Bus is a Core Practitioner in Mijdrecht, near Amsterdam. Before the training in Core Energetics she did an extensive training in more subtle energy work and in her practice she combines both ways of working, from more expressive to more subtle energy work. Besides, she is a dedicated mother, and teaches at the teacher training of the Amsterdam University of Applied Sciences, at the department of mathematics.

When

August 11th, 2024
Welcome from 9.30h
Start 10.00h
End 17.00h

Where

Balizaal

De Wittenstraat 100

(near Haarlemmerplein)
1052 BJ Amsterdam

Language: English. If it turns out that all participants are Dutch, it will be Dutch.

Costs

€ 95,00
Including coffee and tea.
Bring your own lunch

[AANMELDEN](#)

