

October 11-12, 2024

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 will 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...

TEACHERS



Riet Mellink previously worked as an art teacher and producer/programmer/coach for organizations such as Terschelling's Oerol and Over het IJ Festival. In 2012, she began the professional training program at NICE. Since 2016, she has had a practice as a Core Energetics therapist. In addition to her practice, she also teaches in the training program and the Transformation Training at NICE.



Bert Stek works as the CFO for a leading technology company in aesthetic and dermatological medicine and the professional beauty industry. Since his work primarily engages his mind, he pursued the professional training program from 2008 to 2012 to better integrate body, mind, and emotions

For all people, men, women, non-binary, all nationalities, all ages from 18 years. We are proud of our diverse community.

Time schedule

Start: Friday 10 am
End: Saturday 5:30 pm

Where

EIGENTIJDSERF
Spreeuwesdijk 9
5091 KS Westelbeers
The Netherlands

Workshop fee

Regular fee € 225
Early bird fee € 200
when you pay before
September 15th 2024

Lodging expenses

Room and meals
about € 146,50 – € 165,-
depending on room type

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