



December 6-7-8, 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



NUNO SALEMA is a Psychologist with a Master Degree in Clinical Psychology. He is trained in Core Energetics and currently works with individual clients, couples and groups as well as corporations. Since 2023 Nuno is co-director of the Netherlands Institute of Core Energetics.



BERT STEK has more than 20 years of experience as a financial manager in the business world. Because his work often 'gets him into his head', he participated in the 4-year Core Energetics training, from 2008 to 2012. "As a manager and trainer, I like to guide others in their work and in their personal process." Bert is also co-director of NICE.

For all people: men, women, non-binary, all nationalities, all ages from 18 years.

Time schedule

Start: Friday 10 am
End: Sunday 5 pm

Where

EIGENTIJDSERF
Spreeuwesdijk 9
5091 KS Westelbeers
The Netherlands

Workshop fee

Regular fee € 300
Early bird fee € 250
when you pay before
November 6, 2024

Lodging expenses

Room and meals
about € 235 – € 265
depending on roomtype



or send an e-mail to
info@coreenergetica.nl

