

Unlock Your Potential

Core Energetics Introduction weekend

7-8-9 February 2025



Are you ready to explore a powerful method for personal and professional growth? We invite you to join us for the Intro Weekend Core Energetics, a three-day immersive workshop designed to help you reconnect with your authentic self and create a more balanced, fulfilling life.

Why Attend?

This workshop is ideal for individuals curious about the intersection of personal development and body psychotherapy. Whether you're a professional seeking to enhance emotional intelligence or someone ready to open up personal barriers, Core Energetics provides actionable tools and insights for transformation.

Here's what you can expect:

- * Explore Your Potential: Understand how habits of control, resistance, or tension impact your ability to thrive, and learn strategies to unlock the flow of energy in your life.
- * Engage in Practical Exercises: Experience firsthand the Core Energetics framework through guided explorations that combine movement, mindfulness, and discussion.
- * Connect with a Vibrant Community: You'll meet like-minded individuals from diverse backgrounds, sharing experiences and building connections in a dynamic, supportive environment.
- * Discover the Bigger Picture: Learn more about Core Energetics as a professional discipline, including the pathway to becoming a certified Core Energetics therapist.

Why Core Energetics Matters Today

In a world driven by constant change, stress, and complexity, maintaining clarity and balance is essential. Core Energetics bridges the gap between mind and body, helping us align our energy, intentions, and actions. This approach is not just about personal healing—it's about equipping ourselves with the resilience, self-awareness, and creativity needed to excel in all areas of life.

A Unique Weekend Experience

This special weekend intensive goes beyond the workshop itself. Participants will engage in body work classes every morning, energizing the start of each day, and join community events alongside other students of the Core Energetics school. This blend of structured learning and shared activities ensures a truly immersive, enriching, and dynamic experience—one that promises to challenge, inspire, and excite on both personal and collective levels.

Meet Your Facilitators



Bert Stek: Finance Director in the high-tech skin analysis industry, integrating body, mind, and emotion to enhance balance in his professional and personal life.



Evelien Bus: Mathematician and educator, with a passion for using Core Energetics to inspire growth and balance in others.

Time schedule

Start: Friday 10 am

End: Sunday 5 pm

Where

EIGENTIJDSERF

Westelbeers

The Netherlands

Workshop fee

€ 300,-

Lodging expenses

Room and meals about

€ 235 – € 265

depending on
roomtype

[REGISTER HERE](#)

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

