

Introduction weekend

Core Energetics

7-8-9 February 2025

Open for everyone

In particular: family and friends from our students warmly invited!

This three day workshop is for everyone who is curious to learn more about body psychotherapy and personal development.

You will learn about the framework of Core Energetics. This is a powerful method for personal growth, guiding us towards living our full potential.

In the workshop we will talk about and explore our potential in life. What would happen if we allow ourselves a free flow in life? What happened to us that we have started holding in, holding back, holding up, controlling, etc? Where in our bodies do we feel contractions? How to melt these patterns, so we can be free, protected and open at the same time?

In these days will invite you to do some explorations and you will have your personal experiences. We will also speak about our school: what do we teach and what is needed to become a core energetics therapist?

The workshop is held during a school module, so you will experience the lively school community. You can the chance to connect with people from many different countries.

We warmly invite you and we are very much looking forward to having you with us.

Teachers



Bert Stek works as finance director for a construction company. Because this work mostly brings him 'into his head', he did the Core Energetics professional training from 2008 to 2012 with the intention to be able to integrate body, mind and feelings more. He is responsible for the financial and organizational management of our school.



Evelien Bus is a mathematician and she teaches at the teacher training of the Amsterdam University of Applied Sciences. She graduated as a Core therapist in 2017. She is very passionate about the works and she has her own practice in Mijdrecht (Netherlands). She is a member of the board of the school. She is also a mother of two young children.

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

