



PAIN AND PLEASURE

**Embark on a journey that will transform your perception of relationships and intimacy!
A workshop on understanding pain & pleasure and recognizing the dynamics.**

Do you understand how pain and pleasure interact in your relationships?
Your capacity of feeling pain is directly co-related to your capacity to feel pleasure.

In this workshop, we will dive deep into the dynamics of intimacy and explore how the opposite forces of Pain and Pleasure interact and influence the dynamics in various relationship contexts – whether in partnerships, family, or friendships.

What can you expect?

- **Recognize your own dynamics:** How do pain and pleasure show up in your relationships? What dynamic arises from this? You will gain an understanding of how you experience these forces in your own life and how they shape your behavior and relationships.
- **The Hidden Power of Pain:** Discover how much pleasure can exist in pain – and how much pleasure is held back by unresolved pain. Can pain also be a source of joy and fulfillment? Where do you hold yourself back?
- **Negative Intentionality and Negative Pleasure:** We will explore the concept of negative intentionality and negative pleasure from Core Energetics. Negative pleasure is the conscious or unconscious choice to hold on to negativity (anger, fear, judgments, nagging, blame, criticism) in order to punish the other person for what they did to me – and thereby regain power. Are you playing the victim, or are you using this state to feel empowered?
- **Reclaiming Joy in Life:** Learn how to free yourself from negative patterns that hold you back from fully embracing life. How can you open up to life again, and how does this shift affect your relationships with others?

Who is this workshop for?

This workshop is for anyone who wants to better understand and transform any relationship they are in. It is an invitation to uncover the hidden dynamics of pain and pleasure in your life and find release.

For Core Energetics Professional Training Students

Completion of this workshop counts as 5 hours toward your professional training requirement.

When: March 28th – 30th, 2025 (Friday 16:00 – 20:00 / Saturday & Sunday: 10:00 – 18:00)

Location: Dr. Schmida Institut, Lehargasse 1, 1060 Vienna, Austria

Fee: Early Bird (until February 14th): 400€/ Standard (after February 15th): 450 €

Cancellation Fee: 20 days prior: 50% / 10 days prior: 100%



Your Hosts Daniela Zambrana and Gyasi Bramos Hantman

Daniela and Gyasi are experienced Core Energetics Therapists and teachers who are passionate about combining Core Energetics with altered states of consciousness and inspiring and empowering individuals on their journey toward personal growth and self-discovery.

FOR MORE DETAILS AND TO REGISTER, PLEASE CONTACT DANIELA:

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