

CORE CARE



How to keep your heart open in challenging times

Let's do it together!

Core Care is a 3-day workshop to process and connect around our inner and global challenges, specifically concerning our relationship to nature and the environmental crisis we are in. Everywhere around us we see and feel signs of imbalance. We see it around us and we feel it within.

Our intention is to allow space for all feelings you might have around the challenges of our time, and the pain we feel when we connect to loss of nature, culture and health.

Bodywork, body-oriented exercises and body-oriented processwork allow you to connect deeper with your body, so that you can ground, regulate and re-connect with your essence. You are welcome with your process regarding this topic and with all feelings.

In the three days, we hope to come into our hearts, to find a space of reconnection and encouragement, so that we can continue taking our steps in this world with warmth and trust.

By

Evelien Bus & Aranka de Vries

Evelien and Aranka found each other in the desire to facilitate a space to process, connect and transform the pain we might feel about what is happening to our planet. Both trained in body-oriented psychotherapy, they invite you to come and experience what is possible when we connect on this topic.

When

June 27, 28 & 29 2025

Where

Cordium
De Ruyterstraat 65
6512 GB Nijmegen

Costs

€ 545 for three days
including organic meals

We want to give space to go deeper in questions like:

- How to restore our inner balance and look at this challenge from a place of safety and regulation?
- How do we allow and transcend our anger, and stand for the life we deeply feel is possible?
- How do we deal with the feelings of helplessness, collapse and grief around the destruction of nature?
- Can we find a place of heart, of open attitude towards what is happening and be with the pain without looking away?
- How do we come to our aliveness in times of disharmony?

Core Energetics

The work of Core Energetics can facilitate an embodied space for all feelings and processes that revolve around the environmental challenges we face. Core Energetic process work can help us connect to ourselves, to our bodies and our soul. It guides us to connect, to support and be supported by like-minded people. In this way, we devote our work to the healing and re-balancing of earth and all life.

There are a few things where Core Energetics can help us in the process of moving through challenging times:

Grounding in the body, allowing for a deeper connection to our sense of reality and presence in the world.

Energy. A space for all feelings to be expressed. By expressing our anger, grief, helplessness, and also joy, we become more alive and create a larger consciousness of who we are and what we need.

Connection. Deep healing needs a re-connection with our own core, and with the core of others. We can get out of the illusion of separation and move towards union.

Consciousness. All the work we do together can bring a deeper consciousness of our own being and of the larger whole.

From this consciousness we can step into a leadership of our own lives, understanding that we can move from ego-consciousness to a heart-centered consciousness.



Practical

Date: 27, 28 & 29 june

Program:

Friday June 27:

10.00 - 13.00

lunch

14.30 - 18.00

dinner

saturday June 28

10.00 - 13.00

lunch

14.30 - 18.00

dinner

Sunday June 29

10.00 - 12.30

lunch

14.00 - 16.00

departure

Location: Cordium De Ruyterstraat 65 in Nijmegen.

Cordium is a centre for groups and training in the field of personal development and therapy. It is possible to stay overnight, which costs 15 euro per night. You can arrive on the night before. You can hire sheets and towels for € 15 euro in total.

Food: Fresh and organic. contact us with dietary requirements

Costs: € 545 including meals

Registration: mail us at info@evelienbus.nl or aranka@delichaamstherapeut.nl

Note: This course will be held in English, you can always do your personal sharing in Dutch in desired, we can help each other so we can all understand.

About Evelien

EVELIEN BUS was trained in body psychotherapy at the Netherlands Institute of Core Energetics (NICE) and graduated in 2017. In her practice in Mijdrecht she interconnects Core Energetics with more subtle energy work (sensing energy). She loves to help people get more awareness on the energetic and spiritual level, so that we can enjoy the richness and support that is there for us. Evelien also serves as co-director of NICE.

www.evelienbus.nl

About Aranka

Before her graduation at NICE in 2023, ARANKA DE VRIES travelled and studied in different countries on topics of permaculture, community living, yoga and meditation. In her work with Core Energetics she hopes to inspire one's connection to inner and outer nature & a deeper connection and love for the body and the earth, so we all find our way back to our true aliveness and abundant belonging.

www.delichaamstherapeut.nl