

# Connecting to your Lower-self

**Introductory workshop  
Core Energetics**

**Amsterdam  
Saturday 26 July 2025**

We are often unaware of our Lower-self, or Shadow-self—a part of us that resists our life force. This aspect of ourselves doesn't align with the idealised image of who we think we should be, so we push it into the shadows. It becomes the source of our negative attitudes and feelings toward ourselves and others. You can see it as your inner saboteur: the part that clings to misery, darkness, and negativity, no matter what.

Many people go through life unaware of this inner dynamic. Ultimately, the Lower-self is whatever within us blocks the free, focused flow of our authenticity and life energy.

In this workshop, you will get to know your Lower-self and learn how to dissolve it so your life energy can flow freely again. This renewed flow will bring more energy, inspiration, and pleasure, allowing you to say a wholehearted **"YES"** to life.

You'll be introduced to Core Energetics in a light and playful way. Core Energetics is a form of body-oriented therapy that listens to what the body has to say. Everything that has ever held us back is stored in the body. By becoming aware of these blocks, we can transform them, gaining vitality, energy, and joy in life.

## **Who is this for**

This workshop is for anyone who wants to better understand their Lower-self and is seeking more zest for life—more **"YES!"**. It's also ideal for those considering professional training (international, in English, 4 years, starting October 2025) or the evolutionary training (in English, 1 year, starting October 2025)

**Riet Mellink** worked in the past as an art teacher and producer/programmer/coach for Terschellings Oerol and Over het IJ Festival, among others. In 2012, she started the NICE vocational training. Since 2016, she has had a practice as a Core Energetic therapist in Amsterdam. She also teaches at the NICE courses.

**Joshua Nieli** is a Somatic therapist and guide in Amsterdam. Previously working in engineering and production in arts and culture. They studied at the Somatica Institute as a sexologist and are entering into their 4th year of Core Energetics study in October. Graduating in June 2026.

## **When**

Saturday, 26 July 2025  
Walk-in from 09.30, we start at 10.00 and end at 17.00.

## **Where**

Core Energetics,  
Admiraal De Ruijterweg 545,  
Amsterdam.

## **Cost**

€60 includes coffee, tea & small snacks. Please bring your own lunch.

## **Contact**

Riet or Joshua  
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## **Facilitators**

Riet Mellink and Joshua Nieli. They are both affiliated with the Dutch Institute for Core Energetics (NICE).

