

# Unlock the Power of Creativity

*with Ala Konopko-Ullanecki*

***Creativity is not just a skill –  
it is an innate, vital force that lives  
within each of us.***

***Transformative  
workshop  
September 26–28, 2025  
Centrum Loreto,***

We invite you to reclaim the natural flow of your creative energy by addressing the areas in your life where this flow is blocked: in the body, the emotional system, and the mind.

Creativity is the expression of our life energy, our essence, and our capacity to bring something new, true, and meaningful into the world. Yet for many it is constrained by fear, shame, self-judgment, limiting beliefs, or a history of trauma.



**Ala Konopko-Ulanecki** is the founder and director of Institute of Core Energetics Poland. With over 30 years of experience working with individuals and groups, her mission is to share the tools of body-oriented psychotherapy with the next generation of practitioners. She teaches internationally, including at Institutes of Core Energetics in Poland, the Netherlands, and Greece.



**Hana Hniličková** (assistant) is based in Prague, where she runs a therapeutic practice. She is trained at Netherlands Institute of Core Energetics, and works for the Institute of Core Energetics Greece as an assistant. She integrates her work with a deep commitment to personal and societal transformation. Hana loves sharing the joy of movement and the satisfaction of discovering one's true self with others.

**Let your body move.**

**Let your voice be heard.**

**Let your life become your art.**

*Cost: CZK 7.000 / EUR 280  
(early bird until August 7, 2025)*

*CZK 8.750 / EUR 350*

*To register, please contact*

***info@coretherapy.cz***

*For detailed information visit*

***coretherapy.cz/en***

*or **coreenergeticspolska.com***