



## Core Strokes™: Fascia, Feeling, and Relating

*A Dynamic and Transformative  
3-Day Workshop  
Experience hands on body -  
work with fascia*

The Core Strokes™ process emphasizes three transformative stages:

- 1. Let Be:** Cultivate acceptance of your current emotional and physical state without judgment.
- 2. Let Go:** Release old emotional patterns and body tensions that no longer serve you.
- 3. Let In:** Invite new energy, insights, and meaning into your life, allowing you to reconnect with your deeper life force.

### **Dirk Marivoet, MSc.**

is the founder and director of the International Institute for Bodymind Integration (IBI). He is an accredited psychotherapist (ECP) and a certified psychomotor therapist, having earned his credentials at the University of Leuven, where he served on the staff of the Psychiatry/Psychoanalytic Clinic for 11 years. Dirk is a Certified Trainer and Supervisor in Postural Integration, Energetic Integration, Reichian Bodywork and Pelvic-Heart Integration, as well as a Core Energetics Teacher and Supervisor.

With 40 years of clinical and teaching experience in both academic and alternative fields of psychotherapy, Dirk developed the Core Strokes approach, which he now teaches internationally. He resides in Ghent, Belgium.



**November 14-16, 2025  
in Prague,  
POHLED**

### **Core Strokes™ professional training program in Prague**

This workshop also serves as an introduction to the Core Strokes™ professional training program, to be held in Prague in 2026 and 2027.

**Module 1:** February 21-27, 2026

**Module 2:** November 14-20, 2026

*Cost: CZK 8.500 / EUR 340,  
early bird price CZK 7.500 / EUR 300  
(until September 15, 2025)*

*To register, please contact  
[hana.hnilickova@gmail.com](mailto:hana.hnilickova@gmail.com).*

*For detailed information about  
Core Strokes and the WS, visit  
[www.bodymind-integration.com](http://www.bodymind-integration.com)*