



FROM THE BODY TO THE HEART

CORE ENERGETICS WORKSHOP NICE, FRANCE

We are delighted to bring **Core Energetics** once again to the South of France—this time to the heart of Nice. Over 2.5 days, you are invited to step into a powerful process of self-exploration and transformation, guided by two Core Energetics practitioners, **Nuno Salema and Hella Zouiten**.

Our work is rooted in **body-oriented practices** and an understanding of developmental trauma, offering a safe and supportive environment for you to explore the **patterns—emotional, behavioral, and relational—** that influence how you experience yourself and your relationships, and that limit the natural flow of your life energy. Through **holistic bodywork, emotional expression, movement**, and both **individual and group process work**, you will engage with all dimensions of your being—body, mind, heart, and spirit.

This workshop experience is an invitation to explore directly: to notice how personality structures and defense mechanisms show up in you, and to reconnect with the **core qualities** and **resources** that are already alive within you.

Nuno brings extensive experience from his practice and teaching of Core Energetics across Europe, integrating influences from NARM (NeuroAffective Relational Model) and other relational approaches.

Hella, a Core Energetics therapist based in Nice, combines her body-oriented psychotherapy practice with a grounded psychoanalytic understanding.

Together, we offer a space for a safe and authentic encounter, where personal insight and **embodied transformation** go hand in hand.





Workshop Details:

Schedule:

- **Friday, November 7th:** 18h–21h
- **Saturday, November 8th:** 10h–19h
- **Sunday, November 9th:** 10h–17h

Location: Salle Amarras,
2 rue La Bruyère, Nice 06000 Nice

Investment: 380 €

Language: The workshop will be held in English, with translation into French

Cancellation Policy:

- Your spot will be secured once you send a deposit of 190 €.
- Cancellation up to 15 days before the workshop: remaining balance will be refunded (190 €)
- Cancellation within 15 days of the workshop: no refund.



Meet the Facilitators:



Hella Zouiten

Hella is a Core Energetics therapist based in Nice, France. She also writes articles on self-discovery, emotional well-being, and embodied transformation for Elle Egypt.

Alongside her Core Energetics practice, Hella has training in psychoanalytically oriented psychotherapy. She offers sessions in English, French, and Tunisian Arabic.

Website: livingourhumanity.com



Nuno Salema

Nuno, a clinical psychologist with a Master's degree, specializes in Core Energetics and serves on the leadership team of the Netherlands Institute of Core Energetics (NICE). He works with individuals, couples, and corporations and is the founder of Men Made Self, a support network empowering men to connect with their power, vulnerability, and authenticity.

Websites: nunosalema.com | menmadeself.com

Registration & Information:

To reserve your spot or request more details, contact Hella Zouiten:



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