

July 15 - 19, 2026
Nijmegen, The Netherlands

Love Eros Sexuality

This workshop is open for individuals and couples. Take advantage of this rare opportunity to work with two very experienced practitioners, presenting a workshop that was originated by John Pierrakos.

“We can only reach our core of love by going in and through our level of hatred and negativity” John Pierrakos

Love is an energy that comes from within and has an outgoing flow. The energy of Love wants to connect with the very truth of oneself and the other. If we can surrender to it, affinity emerges. Our fear, pain and frustration create withdrawal.

“Eros is the bridge between sex and love” John Pierrakos

Eros is that creative force that melts down our defences and our negativity. It opens us up to others and ourselves. Eros comes from outside, it hits us unexpectedly, it is twinkling and light, it raises us above everyday life, it rises our energy and makes us feel whole. After a while the energy of Eros diminishes and disappears again.

“For a free and open sexual exchange each must stop blaming the other for lack of fulfillment” John Pierrakos

Sexual energy is the pure life force: on the one hand it is the life energy we experience in our body and on the other hand it's the energy that reproduces humanity. This life force has its strongest expression in sexuality. The urge to fuse with another person and not to stay alone is such an expression. The human sexual experience involves all aspects and levels: body, mind, emotions and spirit. If these forces co-act harmoniously we experience happiness and the vibrant aliveness we're longing for.

workshop leaders:

Anna Timmermans, founder of The Netherlands Institute of Core Energetics.
Mike Howell, graduate of the New York Institute of Core Energetics.

In this workshop we will work with different exercises and experiences to become more alive and move towards a greater surrendering to our life force. There will be space and time to process your own journey.

Cordium
De Ruyterstraat 65
6512 GB Nijmegen
www.cordium.nl

Starting July 15, 10 am
Ending July 19, 5 pm

Language: English

Individual € 600
Couple € 1.000
Early bird when you pay
before May 15:
Individual € 550
Couple € 900

More information:
Anna: +31-(0)653421082



To enrol click here

or send an e-mail to
office.core4core@gmail.com

Practicalities

Costs

Individual € 600

Couple € 1.000

Early bird when you pay before May 15:

Individual € 550

Couple € 900

Cancellation Policy

- If the Agreement is cancelled no later than 4 weeks prior to the start of the Training, no Training Fee shall be due.
- If the Agreement is cancelled within 4 weeks but no later than 14 days prior to the start of the Training, 50% of the Training Fee shall be due.
- If the Agreement is cancelled within 14 days before the start of the Training the full amount of the Training Fee shall be due.

Location

The location for the intensive is [Cordium](#), a beautiful venue near the railway station and near the city center of Nijmegen. There is also a big garden where we can relax during the break.

The address is: De Ruyterstraat 65, 6512 GB Nijmegen.

Food

We will eat lunch and dinner together. There is a chef who will cook healthy and tasty food (vegetarian) for us. The costs for 5 lunches and 4 dinners is € 190, to be paid directly to the chef. If you have food allergies or medical diet restrictions, please inform the chef yourself. Her email address is: margreet.te.hietbrink@gmail.com

Staying overnight

In Cordium there are rooms to stay that are normally working rooms. You can have your own room or share with somebody. There are showers as well. You can bring your own sleeping bag or hire sheets and towel at Cordium, (costs 15 euro). You pay 15 euro a night. When there are enough people to stay the chef will also provide breakfast for 7,50 euro. Contact Anna Timmermans at anna@veluwe.net in case you want to stay overnight in Cordium.

Other places to stay, all on walking distance:

[Westzijde](#)

[Wilhelmina Bed and Breakfast](#)

[Guest House Vertoef](#)

[Mercure Hotel](#)

[Hotel Blue](#)

How to get to Cordium from the Railway Station Nijmegen

You walk from the railway station to the right. Follow the red bike lane. (But watch the bikers! So don't walk there but on the pedestrian lane. You will be not the first foreigner that will be hit by a bike.) After a small tunnel underneath a road you go to the left. This is De Ruijterstraat. You will find Cordium 400m further on your right. If you arrive the night before we will arrange that you can come in.