

Love Eros Sexuality

5 day workshop

July 4 - 8

Nijmegen, The Netherlands



Love “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; it is accompanied by the impulse to give. Therefore selflove often comes off second best or is neglected. 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. We need our good intention and our will to confront and transform this inner NO and achieve our love.

Eros “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; it needs will and positive intention to keep moving towards love. So some people close off from Eros, other get addicted to it.

Sexuality “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 all these levels unify instead of opposing themselves to each other, connection and unification will emerge. It may result in a spiritual experience. If these three forces co-act harmoniously we experience happiness and the vibrant aliveness we're longing for.

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

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



Anna Timmermans MA, who originally was trained at the Lowen's Bio Energetic Institute in the 80's, studied Core Energetics at the Berlin Institute, doing her post graduate year in New York. She started her own two year training program in '92 and founded the Netherlands Institute of Core Energetics in 2005 – an international Core Energetics school in Holland. She teaches in Mexico and in LA. She is an exceptional marriage mentor and a non-dualistic healer. Anna brings all of who she is to her teaching and workshops, providing a space of love and acceptance in which participants can explore the very deepest parts of who they are.



Klaus Stinshoff MD, who did his Core training with John Pierrakos in the mid 80's, went on to co-found the Berlin Core Energetic Centre in 1991. He is a senior teacher of the Netherlands Institute of Core Energetics. As a medical doctor, he chose to train and focus on the potential of people through psychological counselling with emphasis on sexuality and supporting cancer patients. He is an exceptional marriage mentor and a non-dualistic healer. He has a practice in the Centre of Berlin. His intention is to help clients to enhance their liveliness and their capacity to love.



nice

netherlands institute
of core energetics

When

July 4 - 8, 2018

Starting July 4, 10.00 hrs

Ending July 8, 17.00 hrs

Where

Cordium

De Ruyterstraat 65

6512 GB Nijmegen

The Netherlands

www.cordium.nl

Costs and enrolment

Workshop Fee: € 600

Early Bird discount: € 550 (Payment

before May 1st)

Booking € 100 deposit

holds your space

Payment thru

PayPal at anna@veluwe.net

More information

Call for more information

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www.coreenergetics.nl

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