



## PAIN & PLEASURE

Embark on a journey that could transform your perception of relationships and intimacy!

Join us from **March 06th to 08th** for an enriching **2 ½ day workshop** dedicated to exploring dynamics of intimacy and explore how the opposite forces of Pain and Pleasure interact and influence the dynamics in various relationship contexts. This is an experiential workshop based on the principles of **Integrative Body-Oriented Psychotherapy & Core Energetics approach**, designed to guide you towards profound self-discovery & personal growth.

Have you noticed **how Pain & Pleasure are connected**, how one often hides or triggers the other?

We long for intimacy, yet we fear being seen.

We crave connection, yet we protect ourselves from being hurt again.

We seek pleasure, yet it sometimes awakens layers of pain.

What if it's not a matter of choosing one over the other?

What if the capacity to hold pain is actually the same capacity to hold pleasure and joy?

The more we can stay present with our pain, the more space we create for pleasure to flow freely through us.

In this workshop, we will explore that dance, between longing & fear, between opening & withdrawing, between pain & pleasure that shape our relationships. Through body-based experience and deep inner exploration, we will discover how these forces live within us and influence the way we relate to ourselves and others.



**Your Hosts Daniela Zambrana & Gyasi Bramos Hantman**, with assistance of Olja Vladušić are well experienced Core Energetics therapists & teachers passionate about combining Core Energetics (body-oriented psychotherapy) with altered states of consciousness. Together, we'll create a safe & transformative space that inspires & empowers you on your journey toward personal growth and self-discovery.

### When

March 06th - 08th

Friday: 16:00 - 20:00

Saturday, Sunday: 10:00 - 18:00

### Where

Homeplace, Ravanička 42

Belgrade, Serbia

### Costs

Early Bird (until February 1st):

Locals €290 / Others €350

Standard (from February 1st):

Locals €340 / Others €390

### Cancellation Policy

Cancellation Fee: €50 non-refundable, the rest

14 days prior: 50% / 7 days prior: 100%

Seats are limited for **max 18 participants**. The workshop is aimed for beginners, as well for psychotherapy students and professionals who want, in addition, to deepen their perspective and enrich their professional practice.

**For Core Energetics professional training students**, completion of this workshop counts as 5 hours toward your professional training requirement. Students of other Integrative body-oriented psychotherapy schools will get confirmation of participation (counted for EABP).

FOR MORE DETAILS PLEASE CONTACT [OLJA.VLADUSIC@GMAIL.COM](mailto:OLJA.VLADUSIC@GMAIL.COM)

TO REGISTER CLICK HERE: <https://form.jotform.com/252987224080056>

