



# An Odyssey of TRANSFORMATION

## *The Diamond Experience*

**Welcome to the Diamond Experience** ✨

Embark on a journey unlike any other with The Diamond Experience, a groundbreaking program that masterfully blends the transformative power of Core Energetics with the mystical exploration of deeper realms of consciousness. This is an invitation to those who seek not just a fleeting change, but a profound metamorphosis of their entire being. In this unique odyssey, you will discover paths less traveled, delving deep into the essence of your existence. It's a journey designed for those courageous enough to explore the depths of their psyche, to confront and transcend their limitations, and to emerge with a renewed sense of purpose and understanding.



# Residential Retreat - A Sanctuary for Transformation



Our journey begins in the sanctuary of a four-day residential retreat. This retreat is more than a gathering; it's a carefully curated experience aimed at unraveling the complex tapestry of human relationships. In the embrace of nature and the nurturing environment we create, you will explore the intricate dynamics of being part of a group, discovering how individual energies contribute to a larger whole.

## 2 days of Core Energetics as preparation to the Journey



We delve into the power of bodywork, a transformative tool that unlocks emotions and energies trapped within the body. Guided by experienced facilitators, you will learn to navigate through your fears, to express your deepest needs, and to cultivate a supportive network that encourages collective growth and individual exploration. Preparing your body is an essential clue to experience an embodied journey.

### **The Heart of the Experience: Journey into Deeper Realms of Consciousness**

On the third day, the retreat reaches its zenith with a guided journey into the deeper realms of consciousness. This is where the boundaries of the known world blur, and the mysteries of the unknown reveal themselves. It's an experience meticulously designed to expand your awareness, challenge your perceptions, and open doors to new realms of understanding.

### **Day of Reflection: Integration and Assimilation**

The concluding day of the retreat is dedicated to integration. This crucial phase is about grounding your experiences, reflecting on the profound insights gained, and preparing to weave these newfound understandings into the fabric of your daily life.

# The Integration Workshops: A Journey of Self-Discovery and Expansion



One and a half months after our initial retreat, the journey continues with the Integration Workshop. This 2.5-day, non-residential workshop is a pivotal chapter in your transformative story. Each workshop is an intricately woven tapestry of themes such as "Courage", "Exploring the Lower Self", "Following your Fear", "Full Self Expression", "The vicious cycle of the Soul", "Intimacy and Connection in Relationship" inviting participants to dive deeper into their personal evolution. These Workshops are designed to develop tools and awareness that will help you in further journeys.

## **A Space for Profound Reflection and Growth**

Here, in the supportive embrace of fellow journeyers, you will explore the rich tapestry of your inner experiences. This workshop is not just a continuation of your journey; it's an expansion, a deepening of the insights and revelations you've encountered. Through interactive sessions, reflective practices, and group process work, you'll uncover new layers of understanding and ways to integrate these insights into the ebb and flow of everyday life.

## **Fostering a Community of Mutual Support and Understanding**

In the Integration Workshop, you're not just an individual on a solitary path; you're part of a community of like-minded souls. This gathering is a celebration of shared experiences, a forum for mutual learning, and a space where lifelong bonds are forged. Together, we navigate the complexities of integrating profound experiences into our daily lives, supporting each other every step of the way.



# The Diamond Experience Revisited - Continuing the Journey ...



The transformative path doesn't end with the workshop. We reconvene for a second, non-residential three-day Diamond Experience. Open to those who have journeyed with us through either the retreat or the workshop, this phase deepens and enriches the process of self-discovery and transformation. The intimacy of the experience is preserved with limited spaces, ensuring a personal and profound journey for each participant.



## ↕ **An Ever-Evolving Cycle of Transformation**

Every one and a half months, we alternate between the Integration Workshop and the Diamond Experience. This rhythm is intentionally designed to nurture a continuous cycle of experience, integration, and growth. Each phase of the program builds upon the last, creating a spiraling journey of transformation that continually evolves and deepens.

## ↕ **An Invitation to Transformative Discovery**

The Diamond Experience is more than just a program; it is a gateway to a life-altering journey. It's an opportunity to delve into the mysteries of your being, to connect with the universe in profound ways, and to emerge with a renewed vision of yourself and your place in the world. We invite you to join us on this path of discovery, transformation, and awakening. Embrace this journey, embrace the change, embrace your truest self.

For more information and to start your journey, please contact us at  
[info@danielazambrana.com](mailto:info@danielazambrana.com) // [gyasibh@gmail.com](mailto:gyasibh@gmail.com)

# Upcoming Retreat & Workshop dates:



## ◆ 2024

12-14th JANUARY 2024 – **INTEGRATION** WORKSHOP  
“Following your Fear”

22-25th FEBRUARY 2024 – DIAMOND EXPERIENCE **RETREAT**

22-24th MARCH 2024 – **INTEGRATION** WORKSHOP  
“Full Self Expression”

10-12th MAI 2024 – DIAMOND EXPERIENCE **REVISITED**  
The Journey continues...

5-7th JULY 2024 – **INTEGRATION** WORKSHOP

25-28th JULY 2024 - DIAMOND EXPERIENCE **RETREAT**

6-8th SEPTEMBER 2024 – DIAMOND EXPERIENCE **REVISITED**  
The Journey continues...

11-13th OCTOBER 2024 – **INTEGRATION** WORKSHOP

6-8th DECEMBER 2024 – DIAMOND EXPERIENCE **REVISITED**  
The Journey continues...

## ◆ 2025

1-4th MAI 2025 – DIAMOND EXPERIENCE **RETREAT** (Residential)

2-5th OCTOBER 2025 – DIAMOND EXPERIENCE **RETREAT** (Residential)



# Location and Cost



## ◆ DIAMOND EXPERIENCE RETREAT - 4 days Residential

- 4 day Residential
- Thursday 10:00 to Sunday 20:00
- Price for 2024: 850 €/ Early Bird: 645 €
- Hotel am Friedrichshof ([www.hotel-friedrichshof.com](http://www.hotel-friedrichshof.com)) or similar
- Prices excl. Transportation and Accommodation

## ◆ INTEGRATION WORKSHOPS - 2,5 days Non Residential

- 2,5 day Non Residential
- Friday 16:00 -20:00
- Saturday 10:00 – 18:00
- Sunday 10:00 -18:00
- Price for 2024: 450 € /400 € Early Bird (30 days before)
- Location: Souлары, Siebenbrunnengasse 21/Stiege 4/1, 1050 Wien
- Prices excl. Transportation and Accommodation

## ◆ DIAMOND EXPERIENCE REVISITED - 2,5 full days Non Residential

- 2,5 day Non Residential
- Friday 16:00 -20:00
- Saturday 10:00 open end
- Sunday 10:00 -20:00
- Price for 2024: 550 € / 500 € Early Bird (30 days before)
- Location: Souлары, Siebenbrunnengasse 21/Stiege 4/1, 1050 Wien
- Prices excl. Transportation and Accommodation



# Expand Your Light



## WITH OUR TEAM



### Daniela Zambrana



#### Psychological Counselor & Core Energetics Therapist

Daniela works with individuals, couples and groups in private practice. As a Core Energetics therapist and teacher, she blends body work with non ordinary states of consciousness and leads transformative process groups and workshops internationally. Daniela empowers people by challenging them into their vulnerability while holding a warm, loving space for their essence to unfold.



### Gyasi Bramos Hantman



#### Core Energetics Therapist

Gyasi serves as the Associate Director for the Institute of Core Energetics Greece, bringing a wealth of experience and expertise to the role. As an accredited therapist, Gyasi holds a licensed degree in social work and a B.A. in Psychology. In addition to managing a private practice, he passionately facilitates groups and workshops throughout Europe, inspiring countless individuals on their journey toward personal growth and self-discovery.

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