

DISCOVER THE TRUE ESSENCE OF YOUR INTIMATE SELF

Awaken the Full Spectrum of Your Sexual Life Force Through Core Energetics A Transformative Workshop on Sexuality & Intimacy

Embark on an exhilarating journey to discover the true essence of your intimate self. This workshop is meticulously crafted for both individuals and couples who are ready to dive into the exploration of their sexual life force and intimate connections using the profound principles of Core Energetics and introspective dynamic movement.

What to expect

- **Guided Dynamic Movements** to reconnect with your body's inherent wisdom and peel away the layers of societal conditioning.
- **Core Energetic Exercises** to unlock emotional blockages, enhancing your energy flow and revitalizing your intimate relationships.
- **Open Dialogues & Sharing Circles** that provide a secure space for vulnerability, fostering trust and mutual growth within our community.
- **Personal Reflection and Energetic Group**
Activities designed to deepen your understanding of your intimacy barriers and desires.

Key Benefits

- **Enhanced Self-Awareness and Emotional Release:** Harness the power of movement and energy work to access, understand, and articulate your deepest emotions and needs.
- **Improved Relationship Dynamics:** Learn transformative techniques to deepen connection and intimacy with your partner.
- **Empowered Self-Expression:** Discover and release your fullest potential in all facets of life - be it personal, relational, or professional.

This workshop offers a unique opportunity to confront and cast aside the societal taboos, rhetoric, embarrassment, and shame that often obscure our perceptions of sexuality and intimacy. We are committed to creating a safe, nurturing environment where each participant feels supported in exploring and expressing their deepest truths and desires. Whether you're navigating the path of individual self-discovery or seeking deeper connections in your relationships, this workshop will equip you with essential tools and insights to transform your understanding of intimacy and unlock your innermost energy.

For Core Energetics Professional Training Students

Completion of this workshop counts as 5 hours toward your professional training requirement.

When: November 15th – 17th, 2024 (Friday 16:00 – 20:00 / Saturday & Sunday: 10:00 – 18:00)

Location: Dr. Schmida Institut, Lehargasse 1, 1060 Vienna, Austria

Fee: Early Bird (before September 15th): 400€ / Standard (after September 15th): 450 €

Cancellation Fee: 20 days prior: 50% / 10 days prior: 100%



Your Hosts Daniela Zambrana and Gyasi Bramos Hantman

Daniela and Gyasi are experienced Core Energetics Therapists who are passionate about inspiring and empowering individuals on their journey toward personal growth and self-discovery.

FOR MORE DETAILS AND TO REGISTER, PLEASE CONTACT DANIELA:

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