

# Full Self Expression



## Are you ready to embark on a profound journey of self-discovery?

Then join us for an immersive 2 ½ day experience in Full Self Expression (FSE), a transformative process born from Core Energetics and the pioneering principles of Marcia and Brian Gleason, founders of Exceptional Relationship Mentoring.

### Unlock the Power Within:

This workshop invites you to deeply connect with your body and emotions, liberating you from the blame cycle that hinders personal growth. As you delve into the workshop, you will develop a profound understanding of your defensive reactions and learn to identify the emotional states that shape your reality. This path leads you from a guarded stance into the embrace of vulnerability where true self-expression flourishes.



### Join a Community of Explorers & Rise Together:

For these days you will join a vibrant community of fellow explorers, all dedicated to the pursuit of personal growth and authenticity. Within this supportive group setting, you'll discover the strength that comes from shared experiences and the transformative power of witnessing and participating in each other's journeys. As we navigate the depths of self-exploration, we create a sacred space for vulnerability, fostering deep connections and a sense of collective triumph. Together, we will experience the unique synergy of collective energy — where each individual's breakthroughs are amplified by the group's support, propelling us all towards greater self-awareness and connection.





**Workshop Dates:** March 22nd - 24th, 2024

**Location:** Vienna, Austria

**Cost:** Standard: €450

Early Bird (before February 22nd): €400

### **For students in Core Energetics Professional Training programs**

Successful completion of this workshop constitutes 5 hours towards the necessary requirement..

#### **Contact for More Information:**

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