

# DISCOVER THE POWER OF YOUR TRUE SELF WITH **FULL SELF EXPRESSION**

**Embark on a journey of self-discovery!**

Join us from October 11th to 13th for an enriching 2 ½ day workshop dedicated to exploring the depths of **FULL SELF EXPRESSION (FSE)**, an immersive experience designed to guide you towards profound **self-discovery & personal growth**.

Through a fusion of Core Energetics, Integrative Body-Oriented Psychotherapy, Pathwork Studies and Exceptional Relationship principles, you'll embark on a journey of exploration and empowerment. We will guide you through experiential exercises and guided practices aimed at unlocking your innate potential and fostering authentic expression. You will have an opportunity to immerse yourself in a supportive and nurturing environment where you can safely explore the layers of your being.

## **Unlock Your Potential with FSE**

The FSE is a powerful tool for moving energy and transforming conflict into connection. It is invitation for you to deeply connect with your body and emotions, liberating you from the blame cycle that hinders personal growth. 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.

## **Your Hosts Daniela Zambrana and Gyasi Bramos Hantman**

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



### **When**

October 11th - 13th

Friday: 16:00-20:00 / Sat, Sun: 10:00 – 18:00

### **Costs**

Early Bird (before September 9th): Locals €250, others €300

Standard (after September 9th): Locals €290, others € 340

### **Where**

Homeplace, Ravanicka 42, Belgrade, Serbia

### **Cancellation Policy:**

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

Seats are limited for max 20 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.

FOR MORE DETAILS AND TO REGISTER, PLEASE CONTACT OLJA VLADUSIC:

**OLJA.VLADUSIC@GMAIL.COM**