

Weekend Workshop to get to know

Core Evolution®

October 26 + 27, 2019 • Ericeira, Portugal

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Live Your Life with the Will of Your Heart™

Body-Wisdom • Emotional Regulation • Joy • Integration • Fulfillment

Core Evolution – Integrative, Body-Oriented and Mindfulness-Centered

Core Evolution addresses the wholeness of the person – our personal qualities and unique potential. From this trust in our inherent power of love, goodness, creativity and capacity for self-healing, we utilize these qualities and resources to move towards fulfillment and self-realization – personally and professionally.

In this experiential workshop we address topics such as:

• **Somatic Awareness and the Practice of Mindfulness**

How do we structure our experiences on the level of our body, feelings, thinking, mind and in directing our will to realize our potential?

• **Explore the Matrix of Grounding**

The Core Evolution concept to stand on the ground and feel connected to the Universe and to all existence.

• **The Body is the Temple of the Soul**

How does your personal history become visible in your body? In your personal development you formed inner working models, which influence your emotions, body reactions, thinking, behavior and beliefs. In our work we call them Personality Reactions Patterns™. They fulfilled an important need in your early development, but often are not adequate anymore for who you are today. By experiencing and observing body reactions, understanding the underlying needs and learning how to nourish them, you can successfully change these patterns. (Find more in-depth material in our 10-page curriculum for the Core Evolution Training.)

• **Repression of Expression can cause Depression™**

What was the personal, emotional and physical dynamic that you could not express or live? What consequences did this have in the Body-Mind Field and what attitude and behavior resulted out of it and is possibly still active today?

• **Beyond the Brain – The Consciousness of the Body-Mind**

The brain has a role in mediating consciousness, but only in limiting ways, takes part in creating personal consciousness. For this we have to expand the dimensions of our experience and our capacity to perceive reality – moving life's purpose with the Will of Your Heart™.

It gives you a good foundation to explore, what Core Evolution can offer for your life and practice: masterful interventions that expand your clinical approach, by understanding a whole other dimension of research in Energetics, Neuroscience and the application of Mindfulness to shift patterns of stress, anxiety, depression, trauma and many other limiting situations in life.

This workshop is for participants who want to expand their consciousness and choices in life and for practitioners who want to bring an integrative body-oriented and mindfulness-centered dimension to their work.

Times: October 26, begin at 11am - 21.00 and October 27 from 9.30 - 17.00

Place: at lovely Olive 3 Center, double occupancy with breakfast Euro 25.-

Fee: Euro 145.- (15 hours of processing and learning)

Due to the space enrollment is limited - please book in time: Info@CoreEvolution.com
