

Invigorate Your Life!

The Soul in Love

A Core Energetic Workshop

A day of personal process using the principles and methods of Core Energetics. Participants will have an opportunity to pursue their individual process, grow through involvement in the work of others and benefit from exercises.

The workshop will be facilitated by Stephen Shostek, Core Energetic Therapist.

Date - To Be Determined

Cost: \$80 if registration received by; full fee for later registration is \$95.

*For Further information & to register, contact:
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What is Core Energetics?

Core Energetics is a therapeutic process of unifying and connecting the body, emotions, mind, intentions, and spiritual self into a unified whole that expresses the complete reality of the person. Core Energetics is in the family of psychotherapies that are sometimes called "body-centered" because they work with the structuring of emotion and thought in the body as well as mentally.