



Total Transformational Training Program: Greece

Embark on a yearlong journey of profound self-discovery, where you'll delve into the depths of your being through introspection, movement, experiential learning, and self-reflection. Embrace the opportunity to intimately understand your emotional and mental patterns and unlock your limitless potential.

Immerse yourself in the powerful world of Core-Energetics (CE), a body-oriented practice that connects your physical form to your unique personal story. As you explore the depths of your individuality, you'll forge an unbreakable bond with your inner self.

Together, as part of a supportive group, you'll experience deepening connections, valuable reflections, and constructive feedback. With a shared purpose of personal growth and transformation, you'll conquer challenges, overcome obstacles, and emerge with newfound strength, clarity, and purpose. Embrace the journey, for it leads to a life of authenticity, empowerment, and fulfillment.

Year One: Journey of Discovery

Embark on a transformative journey during the first year, which consists of five thoughtfully curated thematic modules. Each module spans two days, offering a harmonious blend of theoretical frameworks and body-centered experiences designed to guide both individual and group growth.

These themes follow the stages of developmental psychology, connecting participants with a deeper understanding of their personal evolution. Through exercises tailored to each theme, participants will weave their own experiences with the insights provided, creating a tapestry of self-discovery and growth.

Throughout this inaugural year, the emphasis will be on experiencing through movement, integrating through process work, and transforming through heightened awareness and healing. Embrace the opportunity to unlock your potential as you engage in this immersive and transformative journey.

For those who decide to continue, there will be a **second** year available to continue the exploration across the various dimension of the Core Energetic modality. These include Intimacy & Sexuality, exploration of character structures, and working with Energy & Consciousness. Participants will need to demonstrate they have successfully completed the requirements for the first year before moving on.

Module 1: Foundations of Breath and Grounding

Embark on a life-changing, one-year journey alongside a supportive group, as you delve into the essentials of breath and grounding. This inaugural module will illuminate the significance of these vital concepts on multiple levels. Explore a variety of grounding techniques, including vertical, horizontal, and diagonal grounding, as well as diverse breathing practices.

Body-oriented exercises will center on engaging the feet, legs, and eyes, emphasizing the crucial role of breath. Recognize that breath is the genesis of all life and harness its power to nurture your growth and transformation throughout this extraordinary journey.

Module 2: Embracing Connection and Touch

Discover the indispensable role of connection and touch in the realm of embodied experience. This module encourages you to examine your personal patterns in establishing contact, your emotions surrounding connection, and the narrative your body conveys within these interactions.

Body-oriented exercises concentrate on forging non-verbal connections through the power of touch and the utilization of breathing techniques. Embark on a journey of self-discovery and interpersonal growth as you deepen your understanding of the language of touch and the profound impact it has on our lives.

Module 3: Navigating Attachment and Detachment

Delve into the profound impact of early life experiences and environments on your personal development. This module explores the principles of attachment theory, highlighting the importance of security experienced during your formative years. Reflect on your own attachment patterns and their influence on the relationships in your life.

Body-oriented exercises will emphasize the cultivation and experience of safety, while also examining your body's response to insecurity. Gain invaluable insights into your unique development and forge deeper connections with yourself and others as you navigate the complexities of attachment and detachment.

Module 4: Discovering Identity and Relationships

Your sense of self and identity continually evolves in relation to others, through imitation, mirroring, and feedback. This ongoing process begins at birth and shapes your interactions throughout life. You may have forgotten or concealed aspects of yourself due to intrusive experiences, which can impact your current relationships. Explore the connection between relationships in your life and your identity.

Body-oriented exercises will focus on managing your energy in contact with others, setting boundaries, role-playing, and examining the energy with which you engage in relationships.

Module 5: Unveiling Inner Images and Repetition Patterns

Images play a critical role in emotional and psychological development. Created in early childhood, they help navigate complex realities, acting as a familiar reference point. These inner images, though often unrecognized, significantly influence your life. Discover the origins of your own inner images and learn to recognize their activation through repetition patterns.

Body-oriented exercises will concentrate on working with energy blockages in your body, such as the eyes, jaw, throat, diaphragm, and pelvis. Gain awareness of resistance and defenses while releasing inner images.

Outcomes of the Transformation Training

Technique Proficiency: Participants will become adept in body-oriented work, mastering fundamental techniques such as breathing, grounding, charging, and discharging. They will also learn body reading and gain a deep understanding of character structures, applying this knowledge effectively.

Theoretical Comprehension: Participants will grasp the theoretical frameworks for each theme and character structures, enhancing their insight into personal experiences. They will gain familiarity with Core Energetics' basic principles (Mask, Lower Self, and Higher Self) and charging and discharging techniques.

Personal Growth: Throughout the training, participants will develop a stronger sense of self-direction, increased freedom of choice, and improved awareness of their actions in relation to others. This heightened responsibility for their behavior will enable them to confidently make themselves visible in a group setting.

Enhanced Well-being: Participants will experience increased vitality, a heightened ability to generate positive energy, greater movement awareness, and a deeper understanding of the connection between movement and energy. They will develop a more positive attitude towards their body and gain insight into the "language" it speaks.

****PROGRAM WILL BE BILINGUAL GREEK & MINIMAL ENGLISH****



Program Dates

The program is held over 5 modules throughout the year.

November 11 - 12, 2023

December 9 - 10, 2023

January 20 - 21, 2024

March 30 - 31, 2024

May 25 - 26, 2023

Schedule*

Saturday:

10:00 - 13:00: Program session

13:00 - 15:00: Break

15:00 - 18:00: Program session

18:00 - 19:00: Break

19:00 - 21:00: Program session

Sunday:

10:00 - 13:00: Program session

13:00 - 15:00: Break

15:00 - 18:00: Program session

Program Cost

€1200 + 24% VAT per person

** payment plans available.

Location

Institute for Core Energetics Greece

Platia Karytsi 5, Athens 10561

Contact

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