

CORE EVOLUTION SUMMER INTENSIVE 2019



July 27 - 31, 2019 • Tuscany, Italy

Live Your Essence with the Will of Your Heart™ and Celebrate Life

Siegmar and Cornelia Gerken

Join us and rejuvenate in a personal retreat while deepening your learning in an inspiring environment with wonderful people in a beautiful villa in Tuscany.

In its 36th year!!! Participants who have joined us for several years know that every year is a new experience.

Essence represents a state as well as a process of Being and Becoming, in which we are in contact with our individual existence and we experience the connectedness of all life. Essence then becomes a continued process of realizing our inner truth and free expression of life – expanding our personal evolution.

Core Evolution addresses the wholeness of a person – their 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 self-realization - personally and professionally.

Among many other topics that participants bring, we address subjects as:

Somatic Awareness and the Practice of Mindfulness

Mindful body-awareness brings you more into touch with your feelings and allows you to embrace the Now of experience without judgement or fear and with that furthers emotional healing and personal evolution.

The Body as the Temple of the Soul

How does the personal history become visible in your body mind-field? In your personal development you formed inner working models, which influence your emotions, body reactions, thinking, behavior and beliefs. They fulfilled an important need in your early development, but often are not adequate anymore for who you are today. By experiencing, observing and 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 International Core Evolution Training beginning November 2018.*

Moving Energy and Consciousness – Wild-Heart-Meditation™ – CoreDance

A dynamic celebration of aliveness. Experience this joy-filled, transformative process of inner and outer movement, including dance, authentic movement, creative expression, communication, meditation and more!

Love is the Resonance with the Flow of Life

The state of love allows you to recognize the larger dimensions of life. In experiencing this flow, you open to the love for yourself and others and to the love that others express to you. This deepens heart communication, intimacy and authenticity.

A person in love will communicate and create from a place of harmony, well-being, peace, aliveness and a sense of fulfillment. In this state you open for new choices in feeling, thinking and behavior.

***Reconnect, Affirm and Strengthen
Your Qualities and Capacities!***

***Experience the Joy of Aliveness as
Foundation for Integration and Healing!***

**Cost: €400 Best Early Enrollment Discount if paid in full
by December 31, 2018**

€445 if paid in full by March 1, 2019

€495 if paid in full by May 30, 2019

€545 if paid after May 30, 2019