

Empowerment - Freedom - Maturity

A workshop for women with **Cornelia Gerken, ECP., HP.**

Dec. 1-3, 2017
Zagreb, Croatia

Early enrollment special
until Nov. 15: Euro 185

After Nov.15: Euro 225



Empowerment is an act of love.

When we are empowered we recognize the divine beauty in ourselves and others. The preciousness of our being supersedes all social ideas and concepts.

Empowerment is somatic, psychological, social and soulful.

The journey to empower ourselves as women has many different aspects. Empowerment is somatic, psychological, social and soulful. It arises from a call from deep within us, from the source of our inner knowing. Sometimes it is felt as a longing for something we sense about our true being. It is the pulse for our potential and the innate intention to manifest ourselves.

This workshop is about walking this path with mindfulness, presence and an honest and kind relationship to ourselves.

When we feel safe and welcomed, so that we can dare to listen inside and follow our own impulses. Getting to know ourselves intimately and discovering our unique way of being, experiencing and acting in the world is the doorway to expressing our essence.

Once we honor and know ourselves, and feel empowered a deep peace arises. The sense of freedom gives birth to lightness and a joyful heart. We feel connected, full and warm. From this place we have a greater chance of standing with other women without competition or comparison. With open hearts, we are able to celebrate our women's community and work together to shape the world we are living in.

In this workshop we explore many different aspects of taking our power. We will:

- Understand how to act rather than react and become aware of when and how we relinquish power.
- Look at the fears that keep us from listening and following our own inner voice.
- Own and take back the projections we make onto others and learn to trust ourselves.
- Honor our qualities and resources as well as parts which may need further work to bring to maturity.
- Practice how to open and work with our bodies, strengthening our embodiment and vitality.
- Develop healthy and vital boundaries, be connected yet assertive.
- Allow ourselves to feel our emotions, and see how truly experiencing them can empower us.



Cornelia Gerken ECP., HP.

Throughout her life's journey Cornelia Gerken has been committed to deepening her understanding of embodiment and how being in one's body relates to our every day life experience, creating meaning and purpose. She integrates somatic, psychological and spiritual aspects in her work. She is the founder of CoreSoma, as well as Co-director and trainer at the International Institute of Core Evolution in Mendocino, California, and in Europe. In her work, Cornelia shares her compassion and joy for life and brings a deep feminine presence.

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