



October 19 - 26, 2019 • Ericeira, Portugal

Siegmar Gerken and Nina Vukas

Core Evolution, Yoga and Somatic Awareness

**For everyone interested in the interaction of our body-mind field
and the expansion of Consciousness**

All our life experiences take part in structuring and shaping our Body-Mind Field.

Nina and Siegmar will teach complementary: Nina will teach different Yoga sequences and their deeper meaning for structure and healing. Siegmar will introduce you to an experiential and theoretical understanding of energetic conditions in your early developmental years and how they formed certain patterns and behaviors.

In this teaching workshop, by two world class trainers in their field, you learn transformative practices that enable you to connect with your essential qualities and to enjoy and share your presence and authentic expression in life.

This module can be attended by anybody interested in Yoga and who wants to experience a body-oriented and mindfulness-centered approach.

Yoga teachers of any lineage who would like to learn more about the application of Somatic Awareness in Yoga as well as Body-Oriented psychotherapists who would like to learn yogic techniques designed to further help your clients can count these workshop hours for their Yoga Organization or for 70 hours EABP accreditation (European Association of BodyPsychotherapy).

This unique program also counts as an Introduction to the **Professional Core Evolution Trainings** which will begin in Fall 2019 in Croatia and 2020 in USA, Germany, Mallorca and Estonia.

For more information please inquire: Info@CoreEvolution.com or browse <http://www.CoreEvolution.com>

Ericeira: Perched atop 30-metre sandstone cliffs, overlooking the powerful blue Atlantic, and a string of golden sand beaches, lies Ericeira, a fishing town in the Lisbon district, about 35 kilometers northwest of Lisbon. The old village is charming and typically Portuguese with whitewashed houses, blue doors and window frames, tiles, chapels and narrow cobbled streets. Ericeira and the surrounding coast has recently been recognized as the World surfing reserve, transforming it into a surfer's mecca - over 30 surf spots with a diversity of waves for all levels.

With simple but charming and comfortable rooms, big garden featuring a small pool, a large communal kitchen and a beautiful, bright yoga shala, Olive 3 is a perfect venue.



This teaching module counts also towards Nina Vukas popular **International 300 hour Yoga Teacher Training** - a great combination for everybody who wants to gain a solid understanding of Yoga, deepen a personal process or wants to expand a body-oriented practice.

For the full program please visit: <https://ninavukasyoga.com/300-hour-ttc-in-ericeira-portugal>
