
2. - 3. June 2018 • Rome, Italy

Siegmur Gerken, Ph.D. ECP, HP

Love is the Resonance with the Flow of Life™

The Mindfulness of Relating

(with translation into Italian)

**Explore the expanded concepts of Core Evolution -
an integrative, body-oriented and mindfulness-centered approach to therapy and consulting**

Topics like the 'Brain on Love' and others gain much popularity these days. We would like to know how we function so that we may just 'rewire' our brain and can 'switch on' to love again. However, in a fascinating complexity, we are body, feelings, mind and consciousness. Love as the resonance with the flow of life unifies all these aspects and therefore affects every state of our life.

Whether you choose to be single or to be in relationship, you need to relate and to communicate. Therefore this workshop is for both individuals and couples.

After a new Powerpoint lecture on Love, we will practice empathic listening, heartfelt-sharing, authentic movement, dance, individual and group processing and the principles of Mindfulness to support the exploration of the topics:

- Love as an energetic state;
- Body and personal development;
- Feelings - the structuring of impulses and the unfolding of sexual awareness;
- Psyche - differentiation of needs and wants and establishing healthy boundaries;
- Attachment, personality and their influence on adult sexuality and relationship;
- Heart communication, intimacy and authenticity;
- Spiritual dimensions of relationship;
- How can partners separate with love, if that need arises?
- Relationship, how to make it last - love, commitment and freedom.

The state of love allows you to recognize and experience the larger dimensions of life and with that, also the larger dimensions of another person. Everything ordinary will be perceived with another intensity, it will have more meaning and appear more colorful. Allowing the flow of love will also support you in recognizing, embracing and overcoming limitations. Love teaches us to fully receive the beauty of life.

Whether you come to this workshop to explore and find more answers for your personal life or if you want to expand your professional perspectives and are interested in the beginning professional training in September, Core Evolution will open new dimensions for you.

Core Evolution is deeply transformative.

You may watch an interview with Siegmur at <https://www.youtube.com/watch?v=YIBXLAqnHho>

or inquire about the 8-page interview on this topic: Info@CoreEvolution.com

Registration and local contact:
