

THE DEPTH & JOY OF EMBODIED CONNECTION

a Weekend of Core Energetics with JoAnn Lovascio



Seattle, WA

January 26-28, 2018

Fri: 3:30-6:30; Sat: 10-5:30 & Sun: 10-5

Cost: \$375

NEW LOCATION:

2515 NE 107th St

Seattle, WA 98125

If you are new to Core Energetics, please contact JoAnn for an interview:

joann@joannlovascio.com

About the Workshop

This workshop is an invitation to take risks, dig deeper, challenge misconceptions, move energy, express feelings, reveal truth and live more courageously. Join us to transform unconscious negativities that trap life force & embrace the pleasure that is your birthright! This three day workshop is open to all levels.



JoAnn Lovascio, CCEP

I am a certified Core Energetics practitioner and has been leading year-long groups and in private practice for over 17 years. My work is an expression of my deepest realization: *an uncompromising devotion to embodiment.*

Open the physical blocks in your body that limit energy & consciousness! In Core Energetics, a powerful body based process that works with somatic energy, our Higher self is the part that is open to our full capacity to love and be creative. The Lower self is the potent, disruptive energy we harbor as a result of childhood wounds. The Mask is the false, or idealized self, that we present to the world in order to fit in.

We will practice challenging exercises that work directly with each of these three energies to open to the Self in new & profound ways.