



" THE SACRED SPIRAL IN MOVEMENT AND AWARENESS "

workshop

by Ilse Kretzschmar

Explore playfully spiral movements by energizing our bodies, bringing consciousness to our souls, activating the inner core connection and open up from there in contact with the other.

Key words: Movement, hands-on workshop, breathing, awareness, contact.

Biography



Ilse Kretzschmar, M.A.

Collaborated and studied with John C. Pierrakos since 1987.

Graduated in Core Energetics in 1993 with John C. Pierrakos.

Cofounder, with John, in 1993 of the Institute of Core Energetics of Mexico (Instituto de Core Energetica de Mexico), Director of the Institute from 1993 up to now, teaches in Mexico, has been a guest teacher in Germany, Switzerland and California.

