

Dear Friend,

Have you wondered why time is flying by so fast?
Do you think it's just your imagination?
Well, be assured, it is not!
Time is actually passing by faster than ever before.
Everything absolutely everything is accelerating!
We are actually transcending into a new world
where old rules and old habits
don't work any more.
Our world is all about
Energy & Vibrations
In order to enjoy good health
and to be able to function efficiently
we need to go through a self transformation process
we need to change our perceptions and attitudes.
Spirituality is now a part of our daily life.

event-Creators

Have the pleasure to invite you

to

SELF TRANSFORMATION WORKSHOPS

on

Saturday & Sunday

NOVEMBER 25 & 26, 2006

10:00 – 18:30

at

Core Energetics Institute

Stauffacherstrasse 77

3014 Bern

www.core-energetics.ch

Meditation & Chakra Cleansing
Introduction To Core-Shamanism
The Etheric Body & Energy Healing
Free Your Natural Voice & Creativity

with

Trainers

who are experts on the subjects

Margo Kirtikar PhD

Guest Trainers

John Christian, UK

&

Irene Zumsteg, CH

Read on to find out more about the program details
and the trainers

Workshop Details

with Irene

Find your Power and connect with your Soul through Core-Shamanism

A Unique self discovery experience for one and all
for beginners and the experienced

Participants will be made familiar with the circle
and with shamanic journeying, aided by drumming.
Shamanic methods are the most ancient practices
using altered states of consciousness
to find answers to important questions in our lives,
to find out how to help oneself, others and the Earth.
Shamanic practises allow us – beyond any religion –
to keep or regain the spiritual authority,
to create harmony and to get healing.
The path of the Shaman is an experimental way.

with John

Free Your Natural Voice and Your Creative Power

This promises to be a self liberating experience.
It is particularly helpful in opening the fifth throat chakra
the center of our creative powers.

This enjoyable and highly participatory workshop
is designed to help you to find your own voice and to learn
to project it from the heart with ease and confidence.

You may be new to singing or self-conscious
when it comes to speaking

and you may wish to develop greater confidence.

In a fun and supportive atmosphere,
you will have the opportunity to experiment with vocal sounds,
songs and free style movement,

you will be shown the open-throated technique,
used by most styles of professional singers.

Get your voice heard and maximize your impact,

Once learned, this technique is powerful,
effortless, energising and life enhancing.

Your voice plays an essential role
in commanding the attention of your listeners.

Description: Toning, overtones, chanting,
singing, free style movement and expression, healing.

This is a fun, relaxing and energizing workshop

This is an opportunity to shed off inhibitions
a totally freeing experience.

Participants are requested to bring (optional)
if you wish any percussion instruments
for the chanting session,

words and music for any songs you know.

with Margo

**Learn about your Etheric Body,
Meditation for Chakra Cleansing
and Energy Healing**

Did you know it is your etheric body
that determines your physical health and well being?

These workshops are for both beginners and the experienced
for the very young and the mature
for male and female alike.
You will learn all about your etheric body,
your connection with it
and its importance for your physical health.
With guided meditation
participants will go through
the seven chakras cleansing exercises
and energy cleansing exercises
to allow the energy to flow freely through your physical form,
to help you maintain good health,
to help you gain inner strength and more awareness of yourself
and to help you connect with life,
to help you be balanced and more powerful
in achieving all you want for yourself

The Program for the Weekend

Saturday morning

10:00 – 12:30 hrs

with Margo

Meditation and Chakra Cleansing

Saturday afternoon

13:30 – 18:30 hrs

with Irene

Introduction to Core- Shamanism

Sunday morning

10:00 – 12:30 hrs

with Margo

The Etheric Body and Energy Healing

Sunday afternoon

13:30 – 18:30 hrs

with John

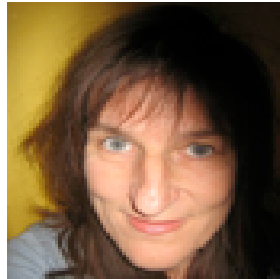
Free Your Natural and Creative Voice

This is your chance to experience different aspects of spiritualism, self discovery,
consciousness expansion, breathing, meditation with three expert trainers,

who total together about 70 years of experience and spiritual knowledge.
You have the choice to choose and attend the workshops that appeal to you.
The world is moving on with speed – are you?

Teenagers are also welcome!
We encourage you to bring along any teenagers who are interested.
CHF100.00 per day per teenager

Read About The Trainers



IRENE aims to relate visible to invisible realms:
she explores the hidden behind appearances.
Her twenty years experience as a journalist
made her deepen her research
for alternative healing methods.
She committed herself to the shamanic path,
to the healing art and soul medicine of our ancestors.
Since 2003, she has been training with the Foundation
of Shamanic Studies Europe
in Switzerland and with Simon Buxton
from Sacred Trust in England.
She applies shamanic methods and rituals in individual sessions
as well as in her workshops of creative, biographical
and therapeutic writing.
She is also a drum-maker who shares her knowledge
of constructing shamanic instruments internationally.
Irene lives in the rhythm of nature in the French speaking
part of Switzerland.
She works in French, German and English.
Irene's website in German and in French www.scriptame.ch



John is a professional actor, singer, comedian and recording artist,
all of which contribute to his entertaining and lighthearted presentation
of his serious inspiration and motivational message.

John conducts workshops, lectures and concerts on the meaningful topic of life and how to live it.

He is well known worldwide for his charismatic and entertaining style of presentation.

He is the Educational Development Director of the FIL in the UK, founded by renowned philosopher and doctor Paul Solomon.

He continues his studies with Tamosan, founder of the Buddha's Eye in Japan.

And, having trained at the Sivananda Yoga Vedanta School, he is also a qualified yoga teacher.

He also conducts meditation treks to Nepal and little Tibet.

John Christian website <www.johnchristianseminars.com>

Paul Solomon website <www.paulsolomon.com>



Margo is a spiritual teacher, professional coach and psycho-therapist, speaker, author and artist. She founded Practical Life Philosophy in 1991 and Visions Unusual in 1995.

Since over 15 years Margo has dedicated herself to helping professionals and private individuals to discover new dimensions, breaking through their self imposed limitations and barriers.

She combines western psychology with eastern Chinese and Vedic healing methods which she has studied and experimented with in depth and she has authored three books on self development and change, metaphysics and developing mind and intuition and on cosmic and universal laws.

Margo's websites <www.visionsunusual.com>and NEW <www.mindempowerment.net>

**And all the above is being made available to you
at a very special price**

Read on

The Investment you make is in yourself.

The knowledge, the experience and the inner strength
you gain through these workshops
are yours to keep.

No one can take them away from you.

Once the self transformation process has begun you cannot go back.

Read on to find out about the interesting fees structure

THE FEE STRUCTURE

EARLY BIRD REGISTRATIONS AND PAYMENTS

Must be made before November 7, 2006

Two days full Weekend Workshop	CHF 490.00
Early Bird Discount	CHF 390.00
Two days Unemployed, Seniors	CHF 390.00
Early Bird Discount (unemployed & seniors)	CHF 290.00
One day Workshop (Saturday OR Sunday)	CHF 290.00
One day Early Bird Discount	CHF 215.00
One day Unemployed, Seniors	CHF 190.00
One day Early Bird Discount (unemp & sen)	CHF 150.00
Students full weekend (under 20 yrs)	CHF 200.00
Students One day (under 20 yrs)	CHF 100.00

Deadline for final registrations November 22, 2006

The trainers look forward to sharing their knowledge and experience with you

If you want to be removed from our mailing list
Please e mail us back with Remove as subject
Thank you

Event-Creators