

Stalking Wild Psoas from Womb to World

The Journey That Shapes Our Lives

Liz Koch & Anna Verwaal

November 8-10, 2019

Castricum, The Netherlands

A transformational opportunity to focus on the personal journey from womb to world, this educational and exploratory workshop is for everyone seeking to understand, heal, & resolve their own birth imprints. (+ couples planning to conceive and pregnant women wishing to give their baby an optimum start in life).



Photo credit @ Anna Verwaal

Slide Presentation & Group Discussion Anna Verwaal (assisted by Liz Koch)

Presenting stunning photography and storytelling Anna weaves 30+ years of pre- and peri-natal psychology research and professional experience to help you understand the long-term effects of your own conception, time in your mother's womb; your birth and early post natal experience. If your conception was unplanned, your birth induced or via emergency C-Section, or you were born with a tight umbilical cord around your neck, you just might feel more like you are surviving rather than thriving in life, fortunately it does not have to remain this way.

Somatic Explorations Liz Koch (assisted by Anna Verwaal)

Presenting embryologically based somatic explorations you'll explore subtle primal movements to dissolve dynamics of conception, womb memory, and birth impressions expressed within cellular memory without eliciting cathartic reactions. You'll discover how insistent patterns reveal life's assumptions, strategies, and desires. Using micro-movement and sound-breath you'll access subtle fluid movements that integrate and awaken. Revitalizing the very core of your being restores and nourishes your capacity for becoming a creative, heartfelt being.



Liz Koch is an international somatic educator, and creator of Core Awareness™ focusing on awareness for developing human potential. Teaching for 43 yrs, she is recognized in the somatic, bodywork and fitness professions as an authority on the core tissue psosas. Liz is the author of *The Psoas Book*, *Unraveling Scoliosis*, *Core Awareness; Enhancing Yoga, Pilates, Exercise & Dance*, *Psoas & Back Pain*, *Mother, Maiden, Crone: Our Pleasure Playlist* and *Stalking Wild Psoas: Embodying Your Core Intelligence*. Liz Koch is approved by the USA National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), as a continuing education provider.



Anna Verwaal RN, CLE is a maternal-child health nurse, conscious conception & birth consultant, primal-period educator, midwife & doula instructor, UCLA certified lactation educator, and birth photographer from the Netherlands. With 30+years of experience, Anna is an international workshop leader, TEDxTalk presenter, and speaker on the conception/prenatal/birth experience and imprints, the hormonal physiology of childbirth, breastfeeding and bonding, and the deeply psychological, emotional and spiritual aspects of giving birth. Anna is a long-term member of APPPAH, the Association of Pre and Perinatal Psychology & Health.

Yoga2go Pernéstraat 31, 1901 AV Castricum The Netherlands

Friday - Sunday (November 8-10) 10:00 am - 5:00 pm each day

EARLY \$525.00 USD Available through October 10th

Cancellation Policy Available On-line - Please Read

REGISTRATION & DETAILS AT WWW.COREAWARENESS.COM