

Laugh deep
Love a lot
Learn to relax

Tri-Energetics training in Basel

TE formula

Know what you need

Say what you want

Have a clear intention

With Henry Marshall PhD et Marie-Paule Ricchi

Tri-Energetics' approach to the human condition is holistic and pragmatic.

Its content is simple. "Know what you need, say what you want, have clear intentions. Be flexible, compassionate, and curious."

Its method is a rich variety of practices that engage body, mind-emotions, and spirit.

Its intention is to satisfy needs, simplify wants, and clarify intentions.

TE formula

Be flexible

With compassion

And curiosity

TE formula

Body

Mind-emotion

Spirit



This series of three training days is for healthcare professionals and for care givers.

Each day can provide stand-alone training to enrich participants knowledge and capacities in its particular area of TE.

Attending all three days is recommended, but not required.

The set of three training days will provide a comprehensive introduction to the TE approach.

DAY 1 - Living THE BODY

Tuesday 26 September 2017

- How can we reduce stress and release tension?
- Know what you need
- Flexibility as a practice and a tool

9h – 17h 180 CHF

DAY 2 - EXPERIENCE, MIND & EMOTIONS

Tuesday 31 October 2017

- What's love got to do with it?
- Say what you want
- Compassion as a practice and a tool

9h – 17h 180 CHF

DAY 3 - EMBODYING SPIRIT

Wednesday 31 January 2018

- Is there more to us than a body and a personality?
- Have clear intentions
- Curiosity as a practice and a tool

9h – 17h 180 CHF

Where
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