



## LEAVING CONFUSION – UNLEASHING SEXUAL LIFE ENERGY



Are you afraid to let go in your relationship? Are you interested in learning how to become strong through letting go of control? How to deal with the feelings of guilt in your relationship? How to balance the dance between closeness and distance with your partner?

**ANDREAS DEMMEL**, an experienced constellation worker and a sex-positive pioneer, is arriving in Prague in April 2014 to assist us in finding answers to our questions and waking up into the natural state of being full of clarity, strength, curiosity and Innocence.



**Don't miss this unique opportunity to relieve your soul from old pains and draw new energy and inspiration!**

**WHEN:** Friday 4. 4. (evening) – Sunday 6. 4. 2014

**WHERE:** Jeseniova 79, Prague

**HOW:** with comfy clothing, courage and open heart :)

**PRICE:** 107 EUR paid by end of March, later 125 EUR

**REGISTRATION:** [info@akshara.cz](mailto:info@akshara.cz)

**DETAILS:** further in the text or at [www.akshara.cz](http://www.akshara.cz)

Looking forward to meeting you,

ANDREAS & AKSHARA

[www.akshara.cz](http://www.akshara.cz)

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What holds us back in life to step into our full energetic and sexual potential shows itself mostly through symptoms. They appear as **pain, confusion, frustration, anger or numbness** and are a result of past traumas, systemic entanglement and lack of strength, power and resources.

In this weekend workshop we will look individually and collectively on how to **heal sexual and relationship trauma, re-organise our systems and activate strength and life energy**.

Returning to our bodies natural state full of clarity, power, innocence and curiosity is not something to be switched on but something that needs to be achieved and worked on step by step.

In this workshop we will learn about different influences that hold us back, connect to our resources, see individual stories and experience how it affects us collectively. We will return step by step to our **natural state of being in our strength** and with a sharp clarity coming back into **alignment with our innermost life purpose**.

### Issues to be brought in can raise questions like:

- I am afraid to let go. I am afraid that everything collapses and harms me when I let go?
- I always slip into the same kind of behaviour with men/women and wish to come out of that.
- How can I become strong through letting go of control?
- I wish my partner to be happy but I forget myself. How can I change that?
- How can we balance our dance between closeness and distance?
- How can I relax through taking control?
- My man is like a boy and I feel like his mother. Can I do something to change that dynamic?
- I feel a lot of pressure during love making and this prevents me from letting go or filling myself with energy? How to let go?
- I am dealing with a constant feeling of guilt in my relationship / how to deal with that.
- I am more in the leading role and my partner in the following. But actually we would like these energies to be reverse. What can we do?

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## About Andreas:

**Andreas Demmel** is a Bavarian born, Berlin-based sex-positive pioneer who uses his background in systemic, family and nature constellation work, transpersonal psychology, trauma therapy and holotropic breathwork, to facilitate powerful group processes in which the personal and collective unconscious can become conscious. He is particularly interested in the potential of weaving together different approaches to transform historically ingrained body-mind sets into post-imperialistic lustful and exciting realities full of innocence and curiosity.

*“Besides some rituals that I will create for the whole group, we will work with stories that are brought in by participants. If you have the intention to work, you can send a short letter to us, which describes your situation and your wish for change. Some stories may come up during the seminar. And that’s fine, we will constantly be connected with what happens from moment to moment and work with that as well.”*

**Andreas**

## Time Schedule:

### Friday 4. 4. 2014

17:30 – 18:00 Registration

18:00 – 21:00 Talk & ritual: connecting to your power/strength /support for your sexuality

### Saturday 5. 4. 2014

9:00 – 18:00 Constellations (with a lunch break)

### Sunday 6. 4. 2014

9:00 – 16:00 Constellations (with a lunch break)

## Registration & Payment:

**Price:** 107 EUR per person having individual constellation work done when paid by the end of March (later 125 EUR). For those who participate in the group work only, the price is 70 EUR (later 77 EUR).

**Registration:** via email at [info@akshara.cz](mailto:info@akshara.cz). Account number: 1090473024/3030, Airbank.

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