



5-DAY COURSE IN HAPPINESS AND HEALTH

Celebrating the Traditional Hippocratic Medicine
and the Science of Quality of Life



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5-DAY COURSE IN HAPPINESS AND HEALTH

Celebrating the Traditional Hippocratic Medicine
and the Science of Quality of Life

Teachers: *Søren Ventegodt MD, EU-MSc-CAM, with Paulina Kordova*

Date and place: *July 18-22, 2022. The Great Hall, Kurrebo*

Price: *600 Euros. The price includes food (vegetarian/vegan) and accommodation.*

CONTENT OF THIS COURSE:

The science of health and happiness, and the sacred, ancient medicine – evidence-based practice of the traditional Hippocratic mind-body medicine.

A course for you who want to heal your life – and for you who want to be a healer. Meet and get to know Europe's very own, traditional medicine.

- Sacred body, sacred healing – heal your body from symptoms and disease
- Sacred life, sacred mind – heal your mind. Solve your mental and existential problems.
- Sacred sexuality, sacred relationship – accept the body, learn to live together
- Sacred work, sacred talent – find your life's purpose
- Sacred spirit – go beyond yourself to freedom

PROGRAM:

Theme of the days

Day 1 – being. Being is the core of existence. A core we need to rediscover and conquer.

Day 2 – feeling. Emotional problems are the root of the conditioned mind and the ego. Confront all old emotions and break free of past and personal limitations.

Day 3 – understanding. Only understanding can set you free. Let go of what you have learned which is not true – this is the key to personal growth.

Day 4 – healing. All aspects of our life need healing: Body, mind, emotions, sexuality, and spirit.

Day 5 – celebrating life. Saying yes to life is the ultimate goal. To be fully alive. Present. Happy.

Day 1

09.00-10.00 – being
10.00-11.00 – feeling
11.00-12.00 – understanding
13.00-14.00 – healing
14.00-15.00 – celebrating life
15.00-16.00 - contemplation

Day 2

09.00-10.00 – being
10.00-11.00 – feeling
11.00-12.00 – understanding
13.00-14.00 – healing
14.00-15.00 – celebrating life
15.00-16.00 - contemplation

Day 3

09.00-10.00 – being
10.00-11.00 – feeling
11.00-12.00 – understanding
13.00-14.00 – healing
14.00-15.00 – celebrating life
15.00-16.00 - contemplation

Day 4

09.00-10.00 – being
10.00-11.00 – feeling
11.00-12.00 – understanding
13.00-14.00 – healing
14.00-15.00 – celebrating life
15.00-16.00 - contemplation

Day 5

09.00-10.00 – being
10.00-11.00 – feeling
11.00-12.00 – understanding
13.00-14.00 – healing
14.00-15.00 – celebrating life
15.00-16.00 - contemplation





About Søren Ventegodt MD, EU-MSc-CAM

With more than 250 scientific papers on quality of life and healing (more than 100 of these are in pubmed.gov) and 8 textbooks on evidence-based, holistic, mind-body medicine, Ventegodt is a leading researcher in the 2500-year-old tradition of European mind-body therapy. Ventegodt has been training students in holistic medicine for two decades and has 30 years of experience as a therapist. With a background as medical doctor, he has been leading the Quality-of-Life Research Center from its start in 1990 at University Hospital, Copenhagen. He has also been leading the Nordic Campus of Inter-University College, Graz that gives the European Master of Science in alternative, psychosocial and complementary medicine (2006-2008).

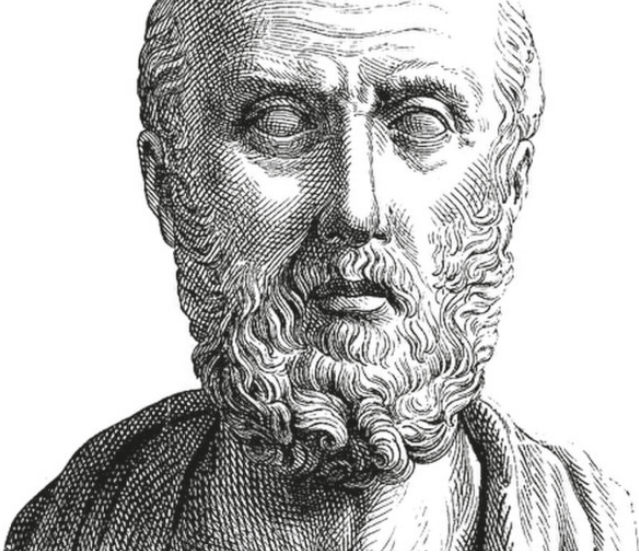
About Paulina Kordova

Paulina is existential psychotherapist and experienced bodyworker. She is also Søren's partner and co-teacher on many courses. She is leading the therapy at Elsebråne Retreat Center in Sweden. By bringing the female perspective to the teachings she makes the old healing tradition come vibrantly to life. Paulina has a strong intuition and the gift of seeing through human problems to understand their cause.

CONTACT & BOOKING

If you are interested in our services send us email on ventegodt@livskvalitet.org or call/text us on phone +45 20 66 67 66





*“The natural healing force
within each one of us
is the greatest force
in getting well.”*

Hippocrates

ABOUT THE SACRED, ANCIENT HIPPOCRATIC MIND-BODY MEDICINE

First scientifically described by the Greek physician Hippocrates and his students 500 BC, the combination of talk-therapy and body-work has been used for healing body, mind, spirit and sexuality for more than two thousand years all over Europe. For the last 100 years, doctors have mostly been trained in the use of chemical medicine (drugs), and the classical medicine has been used much less than before. Through the 20th century patients all over the world developed a strong belief in chemical medicine. The problem with the chemical medicine is that it often removes symptoms without giving a causal cure, making the poor health condition chronic. During the past 30 years, a massive body of new science has indicated that the old, sacred medicine often is helpful, curing more than 50% of the patients - and often taking them to a happy, new life with much better understanding of themselves and others. Recent science in psychodynamic psychotherapy and evidence-based mind-body medicine seems to support the traditional medicine's position: that not only sexual dysfunction and psychological and existential problems but also most of the physical and mental symptoms and diseases are actually psychosomatic.

The root of most human health problems in the rich western world are in general emotional; the causes of symptoms and diseases are found in the patients' subconscious mind that carries memories of difficult past events. Only when the difficult oppressed emotions are felt again, and the past events are well understood, can the negative learning from these events (the "conditioning") be de-learned, and the problems solved. Thus the ancient rule of healing is: 1) feel - the oppressed emotions, 2) understand - what happened to you, and 3) let go - of negative beliefs. The role of the holistic therapist is to support and facilitate this simple process of healing. As science has documented the recent years, these three steps are present in shamanistic and traditional healing systems from all continents.



PRACTICAL REMARKS FOR STUDENTS:

- To get value for money, please devote yourself to this course.
- Please avoid small talks in the breaks and at home during the course. Avoid television, radio, and all distractions.
- Turn your phone and computer off for these five days.
- Wear comfortable, soft cloth.
- You can sweat nervously during the exercises where we are close. Please take a bath every morning before the course.
- Do not share with anybody outside the course what happens to you, until the end of the course.
- We are going to share the most difficult and intimate secrets; only by sharing in a safe space can we heal. Please fight your natural shyness and open up for the group.
- Please promise not to share what you learn about others on the course.
- Let us know if you use medical or other drugs at the beginning of the course.
- Body-work can happen with cloth on, in underwear or naked dependent of your needs.
- Please be aware that some exercises may include nudity

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på dansk

5-dages kursus i lykke og sundhed!

Baseret på traditionel hippokratiske medicin og videnskaben om livskvalitet

Undervisere: Søren Ventegodt MD, EU-MSc-CAM og Paulina Kordova

Dato og sted: 18.-22. juli 2022. Den Store Sal, Kurrebo

Pris: 600 euro. Prisen inkluderer mad (vegetarisk/vegansk) og overnatning.

Kursusindhold: Livsfilosofi og videnskaben om sundhed og lykke – evidensbaseret praksis af den traditionelle hippokratiske mind-body medicine.

Et kursus for dig, der vil hele dit liv – og for dig, der gerne vil være terapeut eller holistisk behandler. Introduktion til Europas helt egen, traditionelle medicin – helt uden kemi!

- Helbred din krop fra symptomer og sygdom
- Helbred dit sind. Løs dine mentale og eksistentielle problemer.
- Helbred din seksualitet og få dit parforhold til at fungerer
- Find glæde i arbejdet, find dit kerne-talent/ livs-formål
- Spirituel vækst – lær dit ægte selv at kende, virkeliggør dig Selv

Dagens temaer

Dag 1 – væren. Væren er kernen i tilværelsen. En kerne, vi skal genfinde og erobre.

Dag 2 – følelser. Følelsesmæssige problemer er roden til det betingede sind ("conditioned mind") og egoet. Konfronter alle gamle følelser og bryd fri af tidligere negative læringer og personlige begrænsninger.

Dag 3 – forståelse. Kun forståelse kan sætte dig fri. Giv slip på det, du har lært som er usandt. Dette er nøglen til personlig vækst.

Dag 4 – heling. Alle aspekter af vores liv har brug for helbredelse: Krop, sind, følelser, seksualitet og ånd.

Dag 5 – fejring af livet. At sige ja til livet er det ultimative mål. At være fuldt og helt i live. At være nærværende og lykkelig.

Program

Dag 1

- 9.00-10.00 – væren
- 10.00-11.00 – følelser
- 11.00-12.00 – forståelse
- 13.00-14.00 – heling
- 14.00-15.00 – fejre livet
- 15.00-16.00 – fordybelse

Dag 2

- 9.00-10.00 – væren
- 10.00-11.00 – følelser
- 11.00-12.00 – forståelse
- 13.00-14.00 – heling
- 14.00-15.00 – fejre livet
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Dag 3

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- 13.00-14.00 – heling
- 14.00-15.00 – fejre livet
- 15.00-16.00 – fordybelse

Dag 4

- 9.00-10.00 – væren
- 10.00-11.00 – følelser
- 11.00-12.00 – forståelse
- 13.00-14.00 – heling
- 14.00-15.00 – fejre livet
- 15.00-16.00 – fordybelse

Dag 5

- 9.00-10.00 – væren
- 10.00-11.00 – følelser
- 11.00-12.00 – forståelse
- 13.00-14.00 – heling
- 14.00-15.00 – fejre livet
- 15.00-16.00 – fordybelse

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