

AATC presents a Core Energetics 4-Year Professional Practitioner Training Program

Alive at the Core

Inner Healing, Outer Freedom

“The truth is in the body—the truth of history, the truth of the soul. Core Energetics provides the insight, the tools and the source to help release the energy of that truth and to expand our capacity for love and life.”

—John Pierrakos, M.D.
Founder of Core Energetics

WHERE. . . . The Center of Consciousness, Bluemont, Virginia

WHEN . . . Sep 24 - 26, 2010, Oct 22-24, 2010 Dec 3 - 5, 2010, Feb 18 - 20, 2011, Apr 29 - May 1, 2011

INFO \$3000/year (payment plan available) • Call Jim 646-319-8792 or info@aliveatthecore.com

~ Co-directors of the *Alive at the Core Virginia Living Core Program* and the *4-Year Professional Practitioner Training Program* ~



Kristina Kincaid is a graduate of *The Institute of Core Energetics*, *The Barbara Brennan School of Healing* and *Zengar Institute*. She holds a BA in Anthropology from the *University of Texas, Austin*. She is on the faculty at the *NY Living*

Core Program. She has traveled extensively in South America, India, Nepal, Australia and Mexico studying with Native Healers. She is currently working towards her ThD in Energy Medicine at *Holos University*. Kristina's passion includes the deep mysteries of the physical body, healing ancestral lines, genetics and evolution. Her journey has taken her into deep explorations of the feminine and healing around sexuality. Her desire is to help others to claim their true power and live their gifts. Kristina presently has a healing practice in New York City.



Jim Johnston is on the staff and is a graduate of *The Institute of Core Energetics* in New York and on the faculty at the *New York Living Core Program*. He has a private practice in Manhattan and has assisted at *Core Energetics* workshops and seminars

in New York and Esalen in Big Sur. He is deeply committed to his work with clients and groups and brings great humor, compassion, and love to the healing space he holds. He is passionate about bringing the profound healing potential of this work to others and is dedicated to creating opportunities for deep self exploration and growing consciousness. Jim has a great love for all that it is to be human, and he will co-create a sacred journey with you to help you take your greatest risks, allow your unfettered self expression, know your deepest longings, and move toward your highest, most joyful life purpose.

Core Energetics is a body-centered therapy that treats the whole person – mind, body, spirit and emotion – by working with the body's energy to understand, transform and release any blocks or defenses that thwart people from living a rich, full life. The method is dynamic, creative and energizing, creating significant and lasting results.

The Core Practitioner Training Program was designed to train individuals in the specific techniques, theory, and practice of Core Energetics. There is much emphasis on the student's experiential process through demonstration and practice sessions, giving participants the opportunity to learn what qualities they bring to their work. The power of the community is a guiding principle in this program, which relies on the acceleration of personal development and spiritual growth that can come from being with others on their journey of personal transformation.

The rigorous curriculum for the Core Practitioner Training Program features a rich, integrated mix of training sessions, process work, supervision, energy classes, and spiritual integration sessions. The curriculum covers character structures, body readings, psychosomatics & behavioral medicine, an exploration of sexuality, spirituality and psychotherapy, techniques for working with resistance in the body, group therapy and more. For a detailed overview, visit our website at: www.aliveatthecore.com.

Training sessions take place within five 3-day weekends at the beautiful retreat center—*The Center of Consciousness*—in the Blue Ridge Mountains right off the Shenandoah River.

Tuition is \$3,000 per year for four years.

Please Note: Certification as a Core Energetics Practitioner does not fulfill state requirements for licensure as a therapist. Since legal requirements vary by state, we recommend that individuals accepted into our Core Practitioner Training Program familiarize themselves with their state requirements for licensure to practice and commit to fulfilling those requirements prior to setting up practice as a Core Energetics Practitioner.

The Institute of Core Energetics, formed in 1972, is a non-profit organization healing the world one person at a time by bringing us closer to truth through living transformation.