

AATC presents Year One of the Institute of Core Energetics Two-Year Living Core Program

Alive at the Core

Inner Healing, Outer Freedom

“Core Energetics is a total approach to being and healing. The moment we break down and transform our defenses, we experience a total flow of life energy and love throughout our bodies and our consciousness changes. Our task is really to help the individual hear his or her deepest truth: the yearning to love and be loved anything else is a distortion.”

—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 \$2000/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 an evolutionary, body-centered process that brings awareness and release to blocks on all levels of being: emotional, physical, intellectual, and spiritual. Using breathwork, movement, energy, and consciousness in a sacred space, you can release and heal the frozen history and blocks in your energy system that prevent you from being fully alive. Move through resistances to the heart of your Core and the freedom that awaits you there.

Through the ages philosophers, scientists, and doctors have taught of the existence within us of a “creative essence” that serves as the source for all healing. *Core Energetics* is an integrated approach for growth and evolution that utilizes this knowledge. Join us and discover this source of vital energy and health—manifesting as joy, pleasure, and love—alive at the core of your being.

The *Living Core Transformational Program* is a two-year curriculum that gives you the tools to re-examine your life and come into greater alignment with your most authentic fulfilled self. The program attracts individuals from all walks of life: professionals, executives, and artists who want a deeper, richer, and more spontaneous passion-filled life.

The first year of the program—presented in 5 weekend workshops from October through May—is experiential and didactic. We'll explore the basic theory of Core Energetics, giving a foundation for deep energy work. Topics include:

- Your Core, the divine connection in your body.
- How to read and observe the human energy field.
- The distortions of self truth that cause pain, illness, and dysfunction.
- The three great forces of life: love, sex, and eros.
- Your innate capacity to love and heal.

Workshop sessions take place at the beautiful retreat center—*The Center of Consciousness*—in the Blue Ridge Mountains right off the Shenandoah River.

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. The Institute of Core Energetics offers both professional training and personal transformation programs. For more information, visit www.coreenergetics.org.