



## **FEBRUARY EVENTS**

### ***TRANSFORMATIONAL TUESDAYS***

Robert Kirby, the Director of Core Energetics Australia, is offering a fortnightly workshop where you will explore how to transform your life. It will be an experiential and transformational process based on psychotherapy, quantum physics, business expertise and spiritual evolution.

This 2 ½ hour workshop hosted by the Core Centre will be held every 2<sup>nd</sup> Tuesday evening from 7pm to 10.30pm. Call Renee on 9977 2690 or visit the [Core Energetics website](#) for the topic of the month and [Robert Kirby's website](#) for more information about Robert.

### ***STEINER PILATES***

Caryn Steiner – Founder of Steiner Pilates started her interest in 2001 when she was treated using the Pilates method for chronic back pain. She'd had 11 years of back pain after a sports accident. Within a few months of regular Pilates, her pain had vanished and she became interested in learning more about Pilates for corrective exercise, rehabilitation, sports performance and fitness.

Caryn trained regularly using the Pilates technique for 5 years before she decided to make a career change from a Fashion Designer to a Pilates Instructor. She undertook her Pilates training with Master Instructor Kimberley Garlick in Sydney and has since also completed training on the MediBall allowing her to broaden her repertoire and better assess client's movement. Because of Caryn's passion for corrective exercise and rehabilitation she is now undertaking studies in the pathology and re-hab side of Pilates.

Caryn runs Mat Pilates Classes (with equipment) at the Core Centre at the following times:

**Monday evenings @ 6:15pm and 7.30pm**

**Wednesday lunchtimes @ 12noon**

All ages and fitness levels are welcome.

For more information on the class please contact the Core Centre on (02) 9571 8255, or Caryn on 0400 040 092.

*creating space for growth*

**The Core Centre**

28 Ross St, cnr St Johns Rd, Glebe - Forest Lodge, NSW 2037 T 02 9571 8244 F 02 9571 8122

[info@thecorecentre.com.au](mailto:info@thecorecentre.com.au) [www.thecorecentre.com.au](http://www.thecorecentre.com.au)



### **PROCESS GROUPS**

The group will meet twice per month on Tuesday mornings from 9 to 12am. [Read more information here.](#)

### **CHILDHOOD DEVELOPMENT PROGRAMS**

Often school cannot cater to the unique needs of our children. Larger classes, restricted time and the personality of the teacher all play a role in determining this. Yet, without having their developmental needs met, our children can grow up unnaturally, with key areas of their personality under-developed, and others over-developed.

#### **How they work**

Childhood development programs are group sessions with children aged 8-12, supervised by Professional Practitioners in Body Psychotherapy and experienced Dance Teacher. During these sessions a range of games are played that incorporate elements of:

- Contemporary Dance
- Drama
- Movement
- Improvisation
- Singing
- Drawing
- Story telling
- Meditation

Please call to inquire about the next class timetable. 02 9571 8244 or follow this link for [more information.](#)

**BODY MIND EXERCISES COMING SOON.....**

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