

# core synchronism

Core Synchronism is a gentle, palpatory approach to health and harmony. It is a system of bodywork designed to assist Nature in establishing balance in all parts of the human being via the Vital Force (also called the Core Current) and Cerebrospinal Fluid.

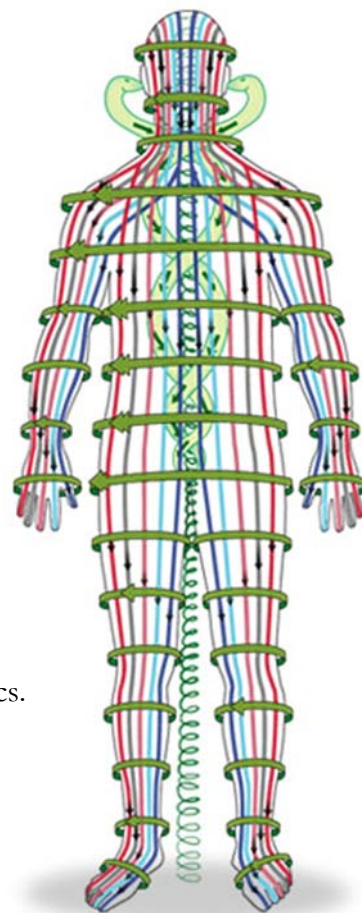
Core Synchronism induces deep states of relaxation that stimulate the healing process. It is based on Natural Therapeutics, Cranial Osteopathy, Polarity Therapy and the palpatory and philosophical discoveries of Robert Stevens N.D., L.M.T., director of the New Mexico School of Natural Therapeutics.

Students will learn how to palpate and correct the Core Current and the cerebrospinal fluid flow, as well as learn how the entire skeleton responds to the fluid flow and Core Current. The manipulations of the skeletal frame will be demonstrated in a step-by-step process and then practiced.

The majority of class time will be practicing hands-on.

The last half-day will be devoted to draining the entire Lymphatic system, both superficial and deep lymph with gentle ease and grace

Core Synchronism is currently taught in six levels as part of the continuing education program at the New Mexico School of Natural Therapeutics as well as other locations around the country



## Core Synchronism - Level I

Dates:	August 19-22, 2010
Class Time:	9:30am - 5:30pm daily, 9:30am-1:30pm on the 22 <sup>nd</sup> only
Instructor:	Alyssa Gillespie
Location:	Northern California in the Bay Area (TBD)
Cost:	\$450 by 7/23. \$500 after 7/23. \$100 deposit required. \$250 to review.

Each level is approved as category 3A2 for 20 national CEU's

For questions or to register, please contact:

Elizabeth Lakin 707.583.2370

[elizabeth@nurturingvitality.com](mailto:elizabeth@nurturingvitality.com)

*Alyssa Gillespie has worked with and studied under Robert Stevens for over 15 years, and has been in private practice since 1995. She is the co-developer of "Core Synch for the Childbearing Year", a specialization dedicated to applying this science to mother and child throughout the pregnancy and birthing process. Alyssa is also a licensed Massage Therapist.*

*Elizabeth Lakin will be the assisting instructor for this class.*

*She is a Certified Core Synchronism Practitioner and has been practicing for 12 years.*

*She is also a Certified Classical Hahnemannian Homeopath.*