

SOMATIC INTEGRATION FOR BODY AND MIND



CENTRE OF SENSE

A HUMAN APPROACH TO FEELING AND LIVING



COMPANY OFFERING

OVERVIEW

The Centre of Sense is a body & mind informed approach to help people find balance between work and life. We offer somatic experiences that draw on the modalities of body-centred mindfulness, breath work, Rolfing®, sex & intimacy coaching, music-art-dance therapy, sound healing, intuitive touch and movement.

For so long we have felt the benefits of meditation on the mind, Centre of Sense focuses on the integration of the body in the experience.

Although companies are investing in the health and wellbeing of their employees, the current offerings often miss the mark, fall short, waste time, effort and money because they fail to have focused outcomes and experienced practitioners. The Centre of Sense provides useful, skills based, practical & accessible tools.

Our corporate programs allow people to feel more alive and intune so they are able to articulate wants and needs, develop a sense of closeness and understand how to effectively collaborate with their co-workers.

OUR SESSIONS ARE INFORMED TO ADDRESS

- Physical tension and stress
- Mood disorders
- Disconnection to body and others
- Sense of isolation
- Lack of meaning and purpose
- Enthusiasm, motivation and drive

Many of these issues are aggravated by the disconnection of the body & mind and the suppression of natural emotional responses. We provide tools and techniques grounded in an embodied approach, to support people in identifying and working through the root causes of these issues, to ensure they can work effectively, efficiently and feel present in the process.

HOW WE WORK

- Our sessions offer both individual and group experiences, with a focus on self inquiry, interactive exercises, mindful engagements, playful release and expression
- Using breath, movement, sound and senses as a means of exploring wants, needs, boundaries and preconceived ideas, to find alignment in thoughts, feelings and actions
- A client led approach, tailored and accessible to each person allowing the individual to participate as much or as little as is useful
- Everyone will show up differently we respect how they want to engage

**WE ARE OPEN TO TAILORING A
PROGRAM THAT MEETS YOUR NEEDS**





WHO IS THIS FOR AND WHAT ARE THE BENEFITS

WE WORK WITH BOTH TEAMS AND INDIVIDUALS WHO WANT TO:

- Learn how to improve their response to stress
- Release physical tension and improve posture
- Feel confident, empowered, and connected to themselves and their environment
- Improve their communication skills, express themselves clearly and be heard
- Understand themselves better and improve self-care
- Be more present and enjoy life more fully
- Develop and strengthen work relationships

COMMONLY REPORTED BENEFITS INCLUDE:

- Mental clarity and increased self-awareness
- Stress and tension relief
- Sense of connection and groundedness
- Increased motivation and enthusiasm
- Energy and vitality
- Improved mood
- Empowered to change habits around thinking, feeling and working
- Opportunity and freedom to “be”

WE CAN SUPPORT YOUR COMPANY WITH:

- **Half day / Full day workshop (ideal for off-sites):** Tailored to the specific topic of interest and goals for the day. We can design this program as both a stand alone experience and as a program to reinforce specific concepts teams are working with.
- **4-6 week course:** Our courses focus on the wellbeing of the team and the challenges they face together. Our the intention is to support wider team development, tailoring contents to the specific needs of the group and individuals.
- **Weekly classes:** Here we focus on increasing individual embodied awareness with the intention of supporting challenges such as stress, anxiety and self-regulation.
- **One-on-one sessions:** Available for individuals who require support or want to go deeper, these sessions work on different aspects of embodied awareness, with the intention of increasing overall wellbeing.

OUR APPROACH & TEAM

WE CARE ABOUT

Empowering the individual: A focus on increasing body awareness, physical comfort and connection to self, will improve mood, energy levels and how employees relate to their environment

- Foundations of breath
- Somatic movement
- How to improve posture
- Expression through sound
- Embodied mediation
- Awakening the senses
- Understand the connection between body, mind and emotion

Empowering the team: This will support wider team development focusing on how shared experiences affect an individual and how to respond in a useful and healthy way

- How to set boundaries & negotiate consent
- How disagreeing effectively improves communication
- Finding the power in diversity
- Confidence, trust and safety in a work environment
- Creativity as an embodied experience



GEORGIA GRACE

CERTIFIED SOMATIC EDUCATOR
EMBODIED THERAPY PRACTITIONER
RELATIONSHIP COACH

**GEORGIA AND CELESTE
HAVE COLLECTIVE YEARS
OF CORPORATE
EXPERIENCE, THEIR
OFFERING IS GROUNDED
IN AWARENESS OF THE
NEEDS OF PEOPLE
WORKING IN SIMILAR
ENVIRONMENTS**



CELESTE CARRILLO

CERTIFIED ROLFING PRACTITIONER
EMBODIED COUNSELLING PRACTITIONER
MINDFULNESS COACH

Georgia's client-centred approach educates and supports people to become more aware of their potential and the intersection between work and life. With training in direct experiential learning, Georgia supports people to explore mindfulness and embodiment with real, practical and useful tools. With a background in corporate communications, Georgia has insight into the environment and what is needed to create an offering that allows people to be more intune with their bodies to ensure they live optimally in how they move, create, work and feel.

Celeste works with individuals and groups to go beyond the surface and gain a deeper understanding of who they are and what they need. Celeste's aim is to help people work with the body instead of against it, to understand how the physical body, mind and emotions are connected. With 10 years experience in embodied practices she supports her clients to find and create more balance in their lives with accessible and practical tools. Celeste approaches sessions with the intention of freeing the body, not 'fixing it'.

GET IN TOUCH AND WE CAN TAILOR A PROGRAM TO MEET YOUR NEEDS

**WWW.CENTREOFSENSE.COM
HELLO@CENTREOFSENSE.COM
0419 945 305**