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*CORE ENERGETICS AND TRAUMA RELEASE THERAPY EXERCISE  
for Managing the Challenges of Body Weight  
with Leigh Ann Cobb  
Transformation Weight Control*

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Core Energetics therapy (CE) combines elements of physical or body-centered movement, psychotherapy, and spiritual development. It will help you identify the psychological and physical body patterns that you have developed as survival mechanisms to shield you from the pain of trauma and stigma related to your body weight, going back as far as childhood. With CE in this webinar, you will begin to learn how to unlock the suppressed emotions you hold on to physically and emotionally related to your weight-related trauma and stigma.

CE uses active techniques such as expressive movements, breathwork, and physical exercises to help release your stored, weight-related emotional and physical tension. Releasing this emotional and physical tension will lead to a more enriched, rewarding, satisfying, wholesome, empowered and fulfilled life.

As the name of our program suggests, CE will support your personal transformation to connect you with your true self, overcoming the limiting beliefs and patterns related to the challenges of your body weight that you have carried with you for most, or all of your life. CE offers a holistic approach to addressing the interconnectedness of body, mind, and spirit in the healing and transformation process.

We're pleased to announce that Leigh Ann Cobb, an Advanced Certified Core Energetics Practitioner and Certified Provider of Trauma Release Exercises (TRE®), will be leading this webinar. Leigh Ann is a skilled and very experienced practitioner who has helped countless individuals shed trauma, pain, and suffering from a wide variety of psychological disturbances. In this webinar, Leigh Ann will use her considerable skills, using CE techniques, to help you learn how to manage the pain, trauma, and suffering you have all experienced for most, or all of your life, from the challenges of dealing with your body weight. We're looking forward to this novel and progressive approach to helping you improve and enrich your life!

Leigh Ann Cobb  
ACCEP (Advanced Certified Core Energetics Practitioner)  
Certified Provider of Trauma Release Exercise (TRE®)

Leigh Ann is an Advanced Certified Core Energetics Practitioner based in San Marcos, Texas. She completed her 4-year practitioner certification and postgraduate year at the New York Institute of Core Energetics. Leigh Ann is also a Certified Provider of Trauma Release Exercise®. In 2020, she led a trauma workshop series for the New York Open Center.

