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Nota di contenuto	Bodymindcore : the CORE philosophy. The CORE. We tighten. "Vaguely scientific" . Postural balance -- Pain and the brain : that tricky pain scale. What is pain?. Pain's messenger. Fear and dread. Move it; shake it out -- Partners in the work : talking the talk. Safe touch. Reboot.coax life is easier with breath : a healthy heart. Fight, flee, or freeze? Feel, face and find freedom -- Energy work, seen and unseen : energy sensitivity. Energy is life stretching the bodymindcore : our personal line. Movement and posture. About fascia. Finding that personal line. We are how we move -- Tools and cues : whatever it takes : that which we have. words.noahs, Rob's, Liz's tools'. Assessment -- The model : the model. Ground to groin gateway. Groin center. Groin to gut gateway. Gut center. Gut to heart gateway. Heart center. Heart to head gateway. Head center. Head to heaven gateway. Conclusions.