

**Stephanie Combe, Bsc, MBA**

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Steph is Executive Director of Trauma Release New Zealand and Director and founder of Core Strength Pilates. Steph brought TRE to New Zealand for the first time in May 2011, organising a series of workshops with Richmond Heath, level III trainer and Executive Director of TRE Australia.

After 15 years in the oil industry and consulting in corporate strategy, back problems prompted Steph to leave her demanding career in the UK and retrain in the field that had helped in her rehabilitation- Pilates. Following the Gulf war in 2003, in which her husband served, she immigrated to New Zealand with her family. Once settled there, she established Core Strength Pilates in Wanaka.

Throughout her years working with Pilates clients, Steph became increasingly aware of the emotional component associated with tension patterns in the body. This interest in the mind body connection drew her to investigate the field of somatic movement. Steph's main influences in this area have been Dawnna Wayburne (Education Director of Polestar Pilates Asia Inc.) and Liz Koch (international somatic educator/author). It was Liz who pointed Steph in the direction of David Berceli and TRE.

Steph is excited not only about how TRE has transformed her own family life, but also about how TRE can potentially help her fellow countrymen and women, particularly following the recent natural disasters in New Zealand. To that end, as well as teaching TRE in private practise, Steph organises regular workshops around the country and gives talks on TRE to organisations and community groups.