

June 2025



Dear Core Energetics community,

After twenty years of visionary leadership, Anna Timmermans, founder and heart of the Netherlands Institute of Core Energetics (NICE), has stepped down as director. With this message, we want to honor her extraordinary journey, her decision, and the deep legacy she leaves behind.

Anna founded NICE in 2005 with a bold dream: to anchor Core Energetics in the Netherlands as a powerful healing modality that integrates body, mind, and spirit. Long before that, she had already been working as a therapist, a teacher, a seeker. From her early days in Nijmegen, where she opened her first practice in 1982, to her travels to Berlin and New York to train with John Pierrakos, she walked the path of depth and transformation. Always guided by a sense of purpose, by love, and often, as she herself would say, by spirit.

The founding of NICE was more than a professional milestone. It was a calling answered, a vision embodied. Over the years, she taught and mentored hundreds of students — not only in the Netherlands, but also in Mexico, Greece, Italy, Poland, and the United States. With every group she held, with every training she led, Anna brought a fierce tenderness, a deep intuition, and a commitment to truth. Her teachings were never just about theory. They were invitations to become fully alive.

For many, Anna has been more than a teacher. She has been a guide, a mirror, a mentor, sometimes even a mother or a fierce initiator. Her presence, clear, warm, uncompromising, shaped not just a curriculum, but a culture.

Anna is also the esteemed author of *Beyond Defense – Core Energetic Techniques*, published in May 2020. Born from over thirty years of her work and creativity, the book presents a rich collection of exercises and practices she developed to help individuals release emotional blocks, open their bodies to energetic flow, and connect deeply with their life force far more than a training manual. *Beyond Defense* has become a seminal resource within the global Core Energetics community, praised for its clarity, depth, and powerful guidance that supports both students and seasoned practitioners.

Through this work, Anna has made a lasting contribution to the entire Core Energetics field. Her techniques are valued not only for their practical effectiveness but also for how they are presented—woven with compassion, insight, and the subtle wisdom born of decades of teaching and transformation. It's a legacy that resonates far beyond the walls of NICE, nurturing the work of therapists and changemakers internationally.

In June 2023, after the loss of her beloved life partner and co-creator, Cees van Loon, Anna made an important decision. Together with Cees, she had already invited five colleagues — Riet Mellink, Bert Stek, Evelien Bus, Nuno Salema and Klaus Stinshoff — to join the board of directors, inspired by a vision of collective leadership. This decision, made after channeling sessions with the guide and through deep inner listening, was part of her long-term intention to ensure continuity. After Cees's passing, and with growing clarity about her own path, Anna recognized that the time had come to pass on the mantle and to release the responsibility she had carried for so long.

Though she had initially envisioned continuing as director for a few more years, the weight of carrying the institute, after two decades of love, growth, loss, and responsibility, had begun to take its toll. Her health was speaking, and her heart was ready. What made the decision easier was the deep trust and joy she felt in seeing how her colleagues had stepped in: with care, with vision, and with love for the work. With a full and grateful heart, she chose to let go.

Anna's stepping back is not a farewell. She remains intimately connected to NICE as a senior teacher and mentor. She will continue to teach in the professional training, guide students, and offer her wisdom to the wider field of Core Energetics. Her presence, in Cordium, in classrooms, in stories told by alumni around the world, will continue to shape the soul of the institute.

And so, this is both an ending and a beginning. Anna steps back, and the circle of directors, Bert, Evelien, Nuno, and Klaus, carry forward the flame she lit. Together they bring solid understanding of the institute's financial foundation, therapeutic depth, creative power, and spiritual grounding. They are ready. And they are not alone.

We warmly encourage all students, alumni, faculty, and international colleagues to take a moment, in thought, to celebrate Anna's profound contribution. May we honor her courage, her devotion, her laughter, her truth-telling, and the unwavering love with which she built and blessed NICE. The institute stands strong because of her, and will continue to grow through the seeds she planted.

With deep love and gratitude,  
The NICE community



Opening and first group in 2005



First graduation in 2009



Graduation in 2013



New logo and celebration of 10 years 2015



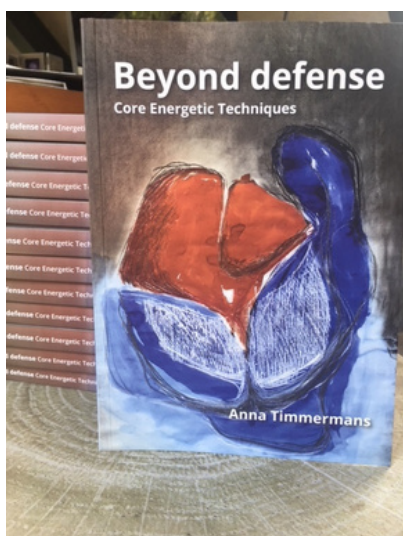
Graduation 2016



Convention 2018



Anna and Cees 2019



Book presentation in Cordium, 2020



Circle 2023



Portrait

