



Caroline Giles

BA(Hons), RCST, BCST

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Caroline trained in TRE with David Bercei in 2009. She is a Level II practitioner allowing her to work with both groups and individuals. Caroline has also worked with David using TRE intensively on a one to one basis.

As well as helping develop TRE in the UK she is a Craniosacral Therapist and a registered member of the Craniosacral Therapy Association. Caroline also teaches Chi Kung (Qi Gong) having undertaken a four year teacher training programme with the College of Chi Kung in London

She spent 10 years working as an Opera Director both nationally and internationally with companies such as English National Opera, Scottish Opera, Opera North and New Israeli Opera. During this time she also directed and taught drama for Middlesex University, Mountview Academy, Southern Methodist University Dallas and Kolej Damansara Utama in Kuala Lumpur.

She has two children and lives in Suffolk.