

2008 Breath of Life Conference Presenters

Conference dates: September 19–21, Cary, NC

APPROACHING INTELLIGENTLY: TOOLS FOR CULTIVATING A RELATIONSHIP WITH THE LIVING GROUND

MARGARET ROSENAU (AKA MAYA KAYA), RCST®, SEP APP,
APPROVED FOUNDATION TEACHER



In this workshop we will honor our cultural perceptions that favor the inanimate and static over the alive and dynamic. Then we will disengage from this way of viewing and together remember and reinvigorate a deeper perceptual knowing that sees the aliveness and potency in everything.

Margaret Rosenau's journey to bodywork as a profession began nearly 20 years ago when she experienced something greater than herself moving her body from within. Her desire to come into greater relationship with this Intelligent presence has guided her ever since. In her study and practice of Biodynamic Craniosacral Therapy, she has found a medium in which to deepen her relationship to this Intelligence. She is a teacher for the Biodynamic Craniosacral Therapy Association of North America and has taught in Canada and the U.S. In addition, she is a Somatic Experiencing Practitioner and Polarity Therapist, as well as a prenatal and birth therapist, and has maintained a private practice in Colorado since 1998.

BEING AND BECOMING

FRANKLYN SILLS, RCST



This presentation looks at the nature of the being state—that is, the ability to simply be—and its significance in Biodynamic Craniosacral Therapy. This will be approached via spiritual traditions and via the importance of simply being in the development of personality and psychodynamics. In this context, the nature of the early holding environment and its influence in the therapist-client relational field.

*Franklyn Sills has a background in orthodox sciences and medical research. He was one of the early students of Randolph Stone's Polarity Therapy and studied osteopathic practice and cranial work in the 1970s and early '80s. He has been a formative influence in the cranial field, being one of the pioneers of the biodynamic approach. He also has a psychotherapy background and has helped develop Core Process Psychotherapy with his wife, Maura Sills. Franklyn was a Buddhist monk for a period of time in the 1970s and considers Buddhist teachings the foundation of his approach to being in the world. He is the author of *The Polarity Process and Craniosacral Biodynamics*, vols. 1 and 2, and is currently working on volume 3. He is also engaged in a lengthy project to integrate Buddhist self-psychology with western object relations and developmental theories and is involved in writing about and teaching these concepts. His upcoming book is called *Being and Becoming: Psychodynamics, Buddhism and the Origins of Selfhood*. He teaches on both the Craniosacral and Core Process Psychotherapy trainings at the Karuna Institute in the United Kingdom.*

BIODYNAMIC CRANIOSACRAL THERAPY & CONTINUUM MOVEMENT: A PERFECT MARRIAGE
CHERIONNA MENZAM, RCST®
APPROVED FOUNDATION TEACHER
AUTHORIZED CONTINUUM TEACHER



Continuum Movement, like BCST, supports health, taking us deeper than the patterns and habits of our daily lives and histories. Where BCST uses touch between facilitator and client, Continuum involves breath, sound, awareness, and movement. As Emilie Conrad, the founder of Continuum, has developed the work over 40 years, its form and language have changed dramatically. Recently, Conrad has described three anatomies that correlate perfectly with the three tides in BCST. References to the field, resonance, and the expression of embryological forces within us are also common to both practices. As a teacher of both BCST and Continuum, I have been fortunate to have the opportunity to offer Continuum to my BCST students as a way to support somatic learning. I have been amazed how easily students settle into the Biodynamic approach after practicing Continuum. This presentation compares the ideas and practice of Continuum and BCST through lecture and experiential exploration. You will have the opportunity to settle deeply within yourself with slow, resourcing movement and to carry this into relationship with another person.

***Cherionna Menzam** has been certified as a Biodynamic Craniosacral Therapy teacher since December 2007. She is an Authorized Continuum Movement Teacher, certified in Authentic Movement, and has an M.A. in dance/movement therapy from the Naropa Institute in Boulder. In addition, she has a Ph.D. in pre- and perinatal psychology, has completed Ray Castellino's Prenatal and Birth Therapy Practitioner training and is certified in BodyMind Psychotherapy. She lives in Santa Monica, CA, where she has been immersed in writing poetry and studying with Emilie Conrad, the founder of Continuum Movement.*

LYMPH AND CSF: THE AMAZING FLUID INTERCHANGE
KATHLEEN MORROW, RCST®
APPROVED FOUNDATION TEACHER



In this workshop, we will look at the anatomy and physiology of the lymphatic system and how it interfaces with the cerebrospinal fluid. Using the biodynamic skills of practitioner neutral and a wide field of perception, we will experience the rhythm of lymphatic fluid at its terminus in the thoracic inlet.

***Kathleen Morrow** is the director of and a teacher/therapist at the School of Inner Health in Manitou Springs, Colorado, www.schoolofinnerhealth.org. She has 25 years of experience in the field of holistic health.*

THE POWER OF ATTUNED RESPONSIVE RELATIONSHIPS
JEAN WEITENSTEINER, RCST®

This workshop takes an integrated approach that focuses on developing an attuned responsive relationship. The focus will be on developing presence and responsiveness within a whole family and its environment. We will use video clips and experiential exercises to develop skills that help us be present in the moment. We will look at case studies on working with families and children to see how Biodynamic Craniosacral Therapy is an integral part of making a difference.

***Jean Weitensteiner** has worked with individuals, families, and children for 20 years, integrating her skills as an occupational therapist, pediatric neurodevelopmental specialist, prenatal and birth therapist, guest lecturer, trauma resolution therapist, and Biodynamic Craniosacral Therapist. She works with infants, children, and adults in her private practice and with adults, infants, and families in a nonprofit research clinic and in early intervention settings.*

BIODYNAMIC FORCES IN NATURE

PEGGY RENE RISCH, RCST®

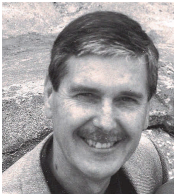


Participants will explore scientific and energetic principles of the biodynamic forces that are found in nature. This presentation will be rich in images that facilitate a felt sense of inherent Health and Wholeness that is easily accessible during a Biodynamic Craniosacral Therapy session.

***Peggy Risch** is a Registered Physical Therapist and Registered Biodynamic Craniosacral Therapist. She received certifications in Germany as a Manual Therapist and Schroth Scoliosis Therapist and trained directly with Gerda Boyesen in her Biodynamic Psychotherapy three-year program. She was introduced to osteopathic manual medicine in the early 1980s at Michigan State University. Peggy has a practice in Mount Shasta, California and has been recognized for her participation in protecting sacred landscapes. She will present at the BCTA/NA conference this September. You can contact Peggy at www.dynamicwholeness.com*

STRUCTURE IN MOTION— WORKING WITH THE KNEE

CHRISTOPHER MULLER, RCST®, RPP



In this presentation we will use a combined biodynamic/functional approach to the knee. We will look at detailed anatomy; work with stillness, potency, and embryological impulse; listen for unfolding states of balance; and integrate body postures and gaits.

***Christopher Muller**, RCST®, RPP, of LifeShapes Programs, teaches internationally and has a private practice in Los Angeles and Murrieta, California. He developed the most authentic disarticulated skull available and continues to develop new anatomical, audiovisual, and literary resources to support craniosacral education. Christopher teaches in Switzerland, Italy, Maui, and southern California.*

RESONANCE AND RESTORING RESILIENCE IN THE NERVOUS SYSTEM

MARY LOUISE MULLER, RCST®, MEd, RPP



Blending concepts from Stephen Porges' social nervous system, HeartMath's carrier wave function, and Biodynamic Craniosacral Therapy's Holistic Shift, we will deepen our understanding of and ability to restore balance to the nervous system.

***Mary Louise Muller**, RCST®, M.Ed., RPP, is a published author and internationally recognized teacher. She combines her background in Polarity Therapy, specialized kinesiology, somatic trauma healing, and craniosacral therapy into a healing approach that she calls Resonant Healing. Mary Louise has a Masters degree in Counseling and is course director for LifeShapes Programs. She has a private practice in Los Angeles and Murrieta, California. Mary Louise teaches in Switzerland, Italy, Maui, and southern California.*

SPIRITUAL IMPLICATIONS OF NERVE FACILITATION

ROGER GILCHRIST, RCST®



This workshop integrates traditional osteopathic concepts with psychoneuroimmunology and central themes from transpersonal psychology. Gilchrist brings his background as a medical psychotherapist and studies in an osteopathic lineage descending from Robert Fulford, D.O., along with interest in all things transpersonal, together in this informative and practical seminar. Biodynamic craniosacral skills that are useful for ameliorating facilitated nerve pathways will be practiced and their broader applications to spiritual growth discussed.

Roger Gilchrist, MA, RPP, RCST®, originally studied craniosacral biodynamics with Franklyn Sills. He has done further studies with osteopaths who are protege's of Robert Fulford. In addition to biodynamic work, Gilchrist is also a Polarity Therapist and transpersonal psychotherapist. Gilchrist is the founder of Wellness Institute, and currently teaches biodynamics in Australia, Europe, Russia, and the U.S.

SURFING THE INHALATION IN THERAPEUTIC ARTS

SHARON PORTER, RCST®, SEP, RPP



When seated across from a client, I often attune to the mid-tide and give it special attention on its inhalation phase, which deepens potency and causes the Inherent Treatment Plan to choose the next priority for work. I note where the inhalation pauses and stay with its energetics as I ask the client what they are noticing. They point to the area where I noticed inhalation pausing and become my partner in working the fulcrum through to reorganization, assisted by sensation-based dialoguing skills. Dialoguing skills quickly increase the subtlety of a client's tracking skills and the progress of the treatment. (Dialoguing is also done on the table.) With practice, psychotherapists and others in the helping professions can learn to follow this arising. I will demonstrate and then support you developing this skill.

Sharon Porter, SEP, RPP, RCST®, is a BCTA/NA instructor and energy medicine trainer. She has developed Somatic Trauma Resolution (STR), which is based on Somatic Experiencing but deeply informed by the cranial and polarity systems and their energy fields. It uses the slower tides as a way to increase intelligence, potency, and fruitful outcome. A more complete description of this seminar is posted on her website, HealthWaveInstitute.com.