



Biodynamic Craniosacral Therapy Association Of North America

Breath of Life Conference

September 7 – 10, 2023

Heart to Heart in the Rockies

The BCTA/NA Board of Directors and the Conference Committee extend to you a warm welcome to our 2023 Breath of Life Conference in Estes Park, Colorado.

Our workshop presenters should prove exciting for our members and guests. We feel that you will discover balance and insight for your private practices and personal health journeys that will make a strong and positive impression on you.



Anna Chitty
Keynote Speaker
RCST®



Beverly Castaneda
Land Acknowledgement

Our Presenters



Michael Shea
RCST®, PhD



Angela Richardson
BCST



Susan Raffo
BCST



Luka Barba
BCST



Michael Dunning
RCST®



Joanne Gallagher
RCST®



Marla Meneghin
RCST®



Margaret Rosenau
RCST®



Welcome!

Venue

The YMCA of the Rockies is the largest YMCA in the world. The original building dates back to 1907 and sits on 860 acres high up in the mountains, 8010 feet. It borders Rocky Mountain National Park which was recently recognized as the #1 Outdoor and Adventure destination in the United States.



This is a hybrid conference. You can register to attend in person or you can register to watch the conference via Zoom. Our presentations will be recorded for future viewing.

DISCLAIMER: Due to unforeseen circumstances, the schedule and presenters may be subject to change. Your understanding is appreciated.

BCTA/NA is an
Approved Provider
for Continuing
Education.



Schedule of Events

Thursday, September 7, 2023

All presentations are listed in Mountain time.

4:00 pm: Conference Check-In Begins

5:00 pm - 6:30 pm: Dinner

7:00 pm – 9:00 pm:

Welcome - **Jennifer Song**




Land Acknowledgement - **Beverly Castaneda**

Awards Ceremony

Keynote Speaker – **Anna Chitty**

First Love - Sung by **Marla Meneghin**

To ensure a safe and enjoyable conference for all in-person registrants, please check your colleagues conference badge to help you determine their level of comfort with greetings.

-  Green Dot – Hug
-  Yellow Dot – Handshake/Fist bump
-  Red Dot – Wave from afar

Wearing a mask is optional for those attending the conference in person. If you choose, please bring a mask to wear. We will have a limited supply on hand for those who want them.



Schedule of Events

Friday, September 8, 2023

All presentations are listed in Mountain time.

7:00 am – 7:45 am: **Cator Shachoy**

Morning Movement

4 Core Actions and Mindful Awareness to Release Your Jaw

7:00 am – 7:45 am: **Mary Ganzon**

Morning Movement

Spacious Goodness: Heaven, Earth and Human – Contemplative Movement

7:00 am – 8:30 am: Breakfast

9:00 am – 10:15 am: **Michael Shea**

The John Chitty Memorial Lecture. The Biodynamic Heart, Embryology and Clinical Practice

In this presentation Michael Shea will show the four stages of how the heart develops prenatally.

10:15 am – 10:30 am: Break

10:30 am – 11:45 am:

Angela Richardson

Ancestral Reverence and Renewal: Remembering Our Origins to Remember Belonging

Together we will explore, through the body, our ancestral homelands, the lands which we occupy and their Indigenous relatives today.

12:00 pm – 1:00 pm: Lunch



Fall is mating season for elk. The males come down from the mountains and make their presence known to all the females. You might hear the elk bugling which sounds a little like a barn door opening.

1:00 pm – 2:15 pm: **Susan Raffo**

Aligning the Relational Field: On Being in Relationship to Craniosacral Therapy's Origins

A brief reflection will be given on the history of European-descended care practices, the intentional destruction of touch-based and other forms of care and what is left on the other side.

2:15 pm – 2:30 pm: Break

2:30 pm – 4:30 pm: Session Exchange

5:00 pm – 6:30 pm: Dinner

7:00 pm – Book Signing Event



Schedule Continued

Saturday, September 9, 2023

All presentations are listed in Mountain time.

7:00 am – 7:45 am: **Liz Chitty**

Morning Movement

Biodynamics in Motion

7:00 am – 7:45 am: Kathleen Morrow

Morning Movement

Energy Exercises; a compilation of Dr. Stone's Polarity Yoga, by John Chitty and Mary Louise Muller

7:00 am – 8:30 am: Breakfast

9:00 am - 10:15 am: **Luka Barba**

The Sacredness of Birthing and the Postpartum Period

Luka will be shedding light on the intricate dance of the physiological birthing process. How crucial and important it is, as a whole, to keep sacred. The importance of integrating and somatically healing imprints, before and after birthing. How imprints of trauma may show in the postpartum period with babies.

10:15 am – 10:30 am: Break

10:30 am – 11:45 pm: **Michael Dunning**
Primary Respiration and the Mystery of the Horizon

This presentation will explore the Long Tide in relationship to the horizon and to the Celtic teachings of the Otherworld.



12:00 am - 1:00 pm: Lunch

1:00 pm – 2:15 pm: **Joanne Gallagher**
Biodynamic Craniosacral Tools: To Present the Philosophy, Science and Art of Biodynamic Craniosacral as a Heartfelt Lifetime Process

Joanne will help participants gain an expanded knowing of the function of primary respiration and dynamic stillness in the heart and blood and their impact on metabolic Health.

2:15 pm – 2:30 pm: Break

2:30 pm – 4:30 pm: Session Exchange

5:00 pm – 6:30 pm: Dinner

7:30 pm – 9:30 pm: Fireside Chat with
Beverly Castaneda



Schedule Continued

Sunday, September 10, 2023

All presentations are listed in Mountain time.

7:00 am – 7:45 am: **Margaret Bruder**
Morning Movement
Finding Ease Through Movement, Body Stories and Play

7:00 am – 7:45 am: **James Foulkes**
Morning Movement
Qi Gong – Craniosacral Therapy Practitioner Self-Awareness

7:00 am – 8:30 am: Breakfast
All participants must be checked out of their rooms before the first session.

9:00 am - 10:15 am: **Marla Meneghin**
Unlock the Power of Your Heart – Aligning and Synchronizing Heart, Brain, and Nervous System

In this presentation, you will learn how to deepen into the relational field as you learn to deepen into your heart coherence individually and globally.

10:15 am – 10:30 am: Break

10:30 am – 11:45 am:
Margaret Rosenau
When it's not Mine or Theirs: Tools for Recognizing and Resolving Energetic Phenomena in BCST

This presentation will explore how to recognize when you are in the proximity of energy that is neither yours nor your client's. We will discuss and demonstrate working with the felt sense experiences of energetic imprints from generational and ancestral layers, including addressing unresolved conflicts or incomplete experiences in these layers.

11:45 am – 12:00 pm: Closing Circle

12:00 am – 1:00 pm: Lunch



Estes Park, Colorado