

Mary Louise Muller, RCST®, M.Ed.

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Year became RCST: 2001

Year became Approved BCTA/NA Teacher: 2001

Business Name: LifeShapes Institute

Primary Location: Temecula, CA

Other Locations: Italy, Switzerland



Biography: We brought Franklyn Sills over to the United States in 1992. Then he did a full training next year in 1993. We have been part of the biodynamic community ever since then. Mary Louise Muller was first approved as a teacher in 1995. She is the author of a few books- Energy Exercises (co-authored with John Chitty), Somatic Re-Sourcing and You Have a Fine Brain on Your Shoulders. She teaches internationally and is intelligent, kind and respected in many circles.

Teaching Style: Our teaching style appeals to kinesthetic, visual and auditory learners. We use PowerPoints and anatomical models for visual people. We support learners kinesthetically with touch. We offer lectures that sustain auditory learners. Above all, we create a space that the students feel safe in, based on Stephen Porges' social engagement nervous system.

Foundation Training Program: A day program. Our students do three intros and then enter into the program. There are 8 modules in the training itself and one elective. Once they do the training itself, it takes two years.

Average Class Size: 8 to 18

Maximum number of students: 20

Teaching Staff to Student Ratio: 1 to 2-3

Related/Advanced courses: Visceral Biodynamics- Heart Rhythm, Breath and Bone working with the Pleural Cavity; Abdominal Organs; The Five Nerves of the Social Engagement Nervous System; Embryology of the Heart; Pre and Peri Natal Work; The Gut Connection; Natural Facial Rejuvenation.

Tuition: \$750 per module

Every module with payment plans tailored to the student's needs.

Required activities/fees: Students are required to receive 10 professional sessions from an RCST® outside of class for certification, cost determined by provider and is not included in tuition.

150 hours of practice sessions held outside of class.

A project of a case study consisting of 40 hours is applicable per training.

We offer supervision days. Cost \$120 per day.

Support Materials: Massage table for \$350 to \$600

Required Books- Stillness of Life, Life in Motion, Wisdom in the Body, Foundations in Craniosacral Biodynamics Vol 1 and 2. Atlas of Anatomy. \$295 for all required books

Distinguishing Class Features: We offer supervision calls once a month for the students in the training. We are experts in anatomy (Andrew Taylor Still says that cranial work is applied anatomy). We create a safe container for the students with many assistants and break into small groups frequently. We are bright, intelligent practitioners and support the students in any way we can.