

## Wednesday, September 5, 2018

3:00 - 9:00 pm: Registration

6:00 – 7:00 pm: Dinner

7:15 – 9:00 pm: Opening Ceremony

*The Breath of Life, Formative Forces and Connections with our Work*  
With Franklyn Sills

In this presentation we will discuss the nature of the Breath of Life, Franklyn Sills' history and experiences, clients' experiences, the history and nature of primary respiration in reference to Taoist concepts, the three functions of potency, the underlying support of Long Tide and Dynamic Stillness and where the work is and may go in the future.

**Franklyn Sills, RCST®** - Franklyn has pioneered the development of a biodynamic approach to craniosacral therapy and was the early innovator in the field. He has been teaching 30 years, and has taught and influenced many of the current teachers in the North Americas and Europe. He co-founded the Karuna Institute, which teaches a biodynamic approach to Craniosacral Therapy and a full MA program and professional training in Core Process Psychotherapy, a mindfulness-based psychotherapy form.



His original two books, *Craniosacral Biodynamics Volumes 1 and 2* were seminal texts in the field. These original texts were written in 1995 and he has now produced new texts to bring things up to date: *Foundations in Craniosacral Biodynamics, Volumes One and Two*. These new books bring the written text up to date and offer a fully biodynamic approach to Craniosacral Therapy.

## Thursday, September 6, 2018

**7:00 to 7:45 am:** Morning Movement - *Beginning the Day—Finding Ease in Your Body* with Lorna Richman

When people tell me, “You look great. What do you do to stay so healthy?” I invite them to come to *gym class*. Join me. Start your day with a calm mind and an energized body. Breath work, settling, stretching, and enhancing your energy flow will begin your day with renewed flexibility and energy. We’ll ground ourselves into Mother Earth, orient to time and place and sense the flow of energy moving through our chakras and through out our bodies. Compare the benefits of silence and sound, motion and stillness and how they best support your intentions.

**Lorna Richman**, BA, LMT, RCST®, APPROVED BCST TEACHER. Lorna’s enthusiastic approach to the practice of Biodynamic Craniosacral Therapy is contagious. Years of bodywork practice and teaching provide a richly layered experience in her classes. She understands there are different styles of learning and provides information in layers so each student can understand and apply the concepts.



**7:00 to 7:45 am:** Morning Movement – *5 Element Yoga Dance* with Julie Aha

In this class you will be introduced to the concept of the 5 elements (earth, water, fire, air and ether): the building blocks of life. Ether would be the closest to the Breath of Life, and we start with this element to honor stillness and potency at the heart of all movement. This would involve warm ups on yoga mats, building a natural sense of calmness and readiness to move. The accompanying music is slow and quiet.

From there we will progress to more vigorous rhythms and the unique movement for each of the other elements: from earth, to fire, to water, to air, and then back to ether and stillness to integrate and rebalance.

**Julie Aha**, MA, RCST®, LMT, RYT, PPN, has taught yoga for over 15 years, emphasizing alignment, ease of movement, and mindfulness. She is also an instructor of Movement Session Application Form, Synergy Dance—Randolph Stone’s polarity therapy put to dance by Charmaine Lee, RPP. Julie has practiced Massage Therapy, Biodynamic Craniosacral Therapy, and Pre/Perinatal Education for nearly 20 years.



**8:00 to 9:00 am:** Breakfast

**9:05 to 10:35 am: *Accessing Embryological Potential: Embodying Biodynamic Forces in BCST Practice and Our Bodies* with Cherionna Menzam**

How does one cell know how to become a complex body? We are living miracles, continuously forming and re-forming in relation to universal Biodynamic forces guiding us as step-downs from the Breath of Life. Following a visual tour of important aspects of embryological development, underlying formative forces, and how we perceive and support these phenomena in BCST, we will explore our own sense of this embryological potential through meditative movement inspired by Continuum.

**Cherionna Menzam-Sills, RCST®**, is a BCTA teacher and CSTA-UK supervisor. A senior tutor at Karuna Institute, she teaches BCST with her husband, Franklyn Sills. Having taught embryology through movement since 1997, initially through her PhD in Pre- and Perinatal Psychology, she incorporates Embryology into her Continuum, BCST and Pre-Perinatal Psychology classes.



**10:55 to 11:55 am: *The Body Security System: Pre and Perinatal Stories* with Brigit Viksnins**

Review polyvagal nervous system maps and hear transformational prenatal and perinatal trauma resolution stories from a BCST based bodywork practice. The physiology shows us unfinished patterns, which can loop forever looking for relief. Bringing together principles from several healing modalities and using different styles of touch when trauma histories do not allow for fluid work, Brigit Viksnins has a simple yet profound way of working with acute and chronic dynamics, leftovers in the being from overwhelming experiences. This leads to a new alignment with blueprints of health, with latent potential becoming active. For more about Brigit see [AlchemicalAlignment.com](http://AlchemicalAlignment.com) (professional training program) and [MaintainAlignment.com](http://MaintainAlignment.com) (private practice)

**Brigit Viksnins, RCST®**, specialized in aligning bodies with blueprints of health and releasing held traumatic imprints with awareness-oriented, interactive bodywork. Brigit created the professional training program Alchemical Alignment, which uses several modalities of bodywork, metaphysical and Aikido principles, and verbal trauma resolution skills. She also created, has a DVD of, and teaches the Alignment Sequence, a mindful movement tool for embodiment. She attended Georgetown University for both undergraduate and graduate school.



Since 1996, Brigit has had a successful private bodywork practice. Her work helps decompress, organize and heal the various deep levels upon which the physical body is based. Her latest projects include developing in-person and online Quiet Empowerment classes for everyone, as well as teaching a six-level professional training program with Kate White for some of the deepest patterns in the core of the body, called Prenatal and Perinatal Dynamics for Private Practice.

12:00 to 1:00 pm: Lunch

1:30 to 3:00 pm: *Integrating Biodynamic Craniosacral Therapy and Somatic Experiencing for Clients with Perinatal Trauma* with Kate White

Bodywork combined with trauma resolution approaches and verbal skills are blending into an effective therapy for prenatal and perinatal clients. This presentation will detail a therapeutic triangle of Craniosacral Therapy and bodywork (touch therapies), trauma resolution in the pre and perinatal field, and Somatic Experiencing™ (SE) as a container for recovery from difficulty in birth and improving health outcomes. Innate to these therapies are effective treatments of the autonomic nervous system. Participants will learn about each approach in the triad (Craniosacral Therapy, Pre and Perinatal trauma resolution, and SE) and their applications for the prenatal period, birth and families with babies. It answers the questions about how they are blended to form an effective healing container through case studies that illustrate their optimal use.

**Kate White**, MA, CMT, CEIM, SEP is a massage and craniosacral therapist who specializes in working with babies and their families. She has extensive training in working with families during the childbearing year, especially prenatal and perinatal health, trauma resolution, birth, breastfeeding, and bonding/attachment. She is currently the Director of Education at APPPAH, Director of the Center for Prenatal and Perinatal Programs, and owns a private bodywork practice in Charlottesville, VA. She is married with two children. You can see more about her at [belvederearts.com](http://belvederearts.com) or [ppncenter.com](http://ppncenter.com).



3:15 to 5:45 pm: Table exchange

6:00 to 7:00 pm: Dinner

7:15 to 9:00 pm: Evening activity: Board Meeting & Visioning: General Membership Meeting (including a membership forum)

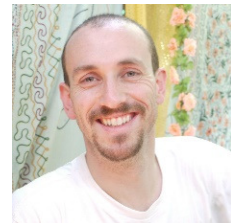
## Friday, September 7, 2018

**7:00 to 7:45 am:** Morning Movement - *Yoga Therapy to Support Cranial Sacral Therapy* with James Foulkes

Yoga therapy is an exciting emerging field and can support our work in the field of Biodynamic Craniosacral Therapy by giving us a vehicle to deepen our anchors, find unifying principles and perceive the breath of life directly within ourselves.

For an approach to yoga therapy to include biodynamic principles, the system must lead whilst the practitioner's will is placed aside. Join James and be led into a much deeper relationship with foundational aspects that deepen skills.

**James Foulkes**, RCST®, C-IAYT, E-RYT, has been involved in teaching yoga and yoga therapy for the last 14 years and has recently released the book, "*Principles and Themes in Yoga Therapy*." He trained in Biodynamic Craniosacral Therapy and NET with Roger Gilchrist and is now a teacher in training for the Wellness Institute.



**7:00 to 7:45 am:** Morning Movement - *The Alignment Sequence* with Brigit Viksnins

The Alignment Sequence is a trauma resolution and embodiment of spirit ritual movement meditation, based on Aikido, Qi Gong, Active Isolated Stretching, metaphysical work, and more.

**Brigit Viksnins**, RCST®, created the Alignment Sequence in the 1990's, and has taught it internationally since then.



**8:00 to 9:00 am:** Breakfast

**9:05 to 10:35 am:** *Biodynamics and Biotensegrity of the Pelvis* with Christopher Muller

We will show the essence of biotensegrity through the use of models and illustrations. We will show how biotensegrity creates space within the joints during movement in surprising and unexpected ways. We will show practical applications of session work that incorporate biodynamic and mid-tide approaches in ways that are gentle and effective.

**Christopher Muller**, RCST® and RPP has been a teacher of Biodynamic Craniosacral for over 20 years. He has taught many biodynamic trainings in both the United States and Italy. He has developed the Swiss disarticulated skull and co-publishes the embryology books of Erich Blechschmidt.





10:55 to 11:55 am: *Concussions and Cranial - Wholistic Approach* with Kate Klemer

This lecture will go through what can happen with a concussion, how we can help people with concussions and post-concussion syndrome. Then outside of the treatment room what clients can do to get better and stay better.

**Kate Klemer**, RCST®, has been in private practice since 1989. She began studying Cranial work of Dr Upledger, Dr Dejarnet, and Dr Clyde Ford. She completed her Biodynamic Craniosacral training with Michael Kern, Scott Zamrut, and Katherine Ukleja in 2001. Currently she teaches Foundational Biodynamic Craniosacral trainings, and practices in Northampton. She is continually learning the ever changing science of wellness involving Cranial work, Nutritional Applied Kinesiology, and Chiropractic Care. She loves to dance, and hike. Her home life is shared with her wife Debby and their dog Sadie. She loves this work and plans on continuing her studies, practicing and teaching the rest of her life.



12:00 to 1:00 pm: Lunch

1:30 to 3:00 pm: *What Do We Do and How Can We Do It Better: Developing Presence and Connection: Building skills for contact with self and other* with Edward Feldman

What Do We Do

Enhancing Presence and Perception: In order to be in contact with our client, we need to be in contact with ourselves. It implies a deep knowing of ourselves, through experiencing and accepting all of our sensations and feelings and feeling tones. We attune to their nervous system, and they sense it immediately. “It’s safe, I can let go” and self-organization begins. This happens before we negotiate physical contact and attention/intentional boundaries. We come into direct perception of their life force.

“Our feelings and our bodies are like water flowing into water. We learn to swim within the energies of the (body) senses.” Tarthang Tulku

**Edward Feldman**, RCST®, D.C. (1978), GCFP (Feldenkrais certified), Taichi, QiGong, Artist, Medical Orgone Therapy, Pathwork, Focusing, Somatic Experiencing, Subud-emptying ourselves.



3:15 to 5:45 pm: Table exchange

6:00 - 7:00 pm: Dinner

7:15 to 9:00 pm: Evening activity: Teacher Panel

## Saturday, September 8, 2018

7:00 to 7:45 am: Morning Movement - *The Power of the Yin: Daoist asana, qigong and Feldenkrais inspired movement for energy awareness embodiment*, with Daven Lee

This morning practice will wake up our bodies gently, beginning with Feldenkrais inspired movements, yoga asanas and completing our practice with potent qigong forms to cultivate and enliven our qi. Suitable for all levels of practitioners.

**Daven Lee** has been teaching yoga and movement work on and off for over 20 years, and MogaDao qigong for the past four years. Her teaching and personal practice focuses on joining physical refinement to spiritual experience. As of Sept 2018 Daven is nearing the end of her 3-year BCST training with Scott Zamurut in Santa Fe, NM. She can be contacted through her website: [Daoistwoman.com](http://Daoistwoman.com)



7:00 to 7:45 am: Morning Movement – *Gentle Integrative Movement* with Donna Gangloff

This gentle movement class awakens body awareness; increases range of motion, flexibility, and strength; and promotes a more easeful, integrated way of moving. Experiencing this state of heightened body awareness and integration allows one to more easily achieve practitioner's neutral.

**Donna Gangloff**, RCST®, has a love for movement which began when she earned a BA in dance and went on to become a critically acclaimed modern dance soloist. Over the years, Donna's enthusiasm for movement has evolved to include the study of Pilates, yoga, and various other mind-body modalities. A movement instructor for over 30 years, Donna is passionate about sharing her diverse breadth of knowledge with her students.



8:00 to 9:00 am: Breakfast

9:05 to 10:35 am: *Life in the Interstitial Fluid Space* with Ged Sumner

The talk will describe the remarkable nature of the ECF and how it is the interface with all the cells of the body. The flow of fluids through the space is the story of how all the systems of the body converge. The talk will explore the intense health and potency that naturally resides here. Is this the fluid body?

**Ged Sumner, RCST®**, is a practicing Biodynamic Craniosacral Therapist and Chi Kung Teacher. He has also studied shiatsu, healing and attachment based psychoanalytical psychotherapy. He has taught Biodynamic Craniosacral Therapy since 1995. He is the director of Body Intelligence Training which offers BCST courses internationally. He regularly teaches postgraduate workshops. He also teaches Elemental Chi Kung in the form of workshops and retreats. See his Natural Movement website for current workshops and his book on Chi Kung called *You are How you Move: Experiential Chi Kung*. He is the author of *Body Intelligence – Creating a New Environment* which explores felt sense anatomy. He is co-author of *Cranial Intelligence – A Practical Guide to Biodynamic Craniosacral Therapy* which is a foundational guide to BCST. His book on felt sense meditation called *Body Intelligence Meditation: Finding presence through Embodiment* is offered as a meditation workshop program internationally see BI Meditation website. He has a degree in Chemistry.



10:55 to 11:55 am: *Craniosacral Therapy's Gift to the Allied Health Professions* with Roger Gilchrist

This brief and focused seminar examines craniosacral therapy's place in the health care spectrum. We take a multidisciplinary view of health care demographics, trends, finance, and emerging health policy. These facts will point out critical reasons that Biodynamic Craniosacral Therapy could be more directly involved with the allied health professions.

**Roger Gilchrist, MA, RPE, RCST®**, has been an invited presenter for the National Institutes of Health, has worked in mainstream health care, and was trained in the socioeconomics of health care delivery. He teaches Craniosacral Biodynamics internationally and is the author of *Craniosacral Therapy and the Energetic Body*.





12:00 to 1:00 pm: Lunch

1:30 to 3:00 pm: *Balancing the 5 Autonomic Nervous Systems*  
with Mary Louise Muller

This presentation is a new model of the autonomic nervous system. Rather than being a dual model of Sympathetic and Parasympathetic, it includes Stephen Porges' model of the Social Engagement System and it also includes the Enteric and Cardio Nervous Systems. There will be an interesting powerpoint and also self-help movements to balance the Nervous System.

**Mary Louise Muller**, M.Ed., RCST®, RPP, has been a teacher of Biodynamic Craniosacral for over 20 years. She has taught many biodynamic trainings in both the United States and Italy. She has co-developed the Lange-Muller Method of Natural Facial Rejuvenation which is very much about the Social Engagement Nervous System.



3:15 to 5:45: Table exchange

6:00 to 7:00 pm: Dinner

7:15 to 9:00 pm: Evening activity - Visioning and Bonfire

## Sunday, September 9, 2018

7:00 to 7:45 am: Morning Movement - *Hunyuan Qigong* with Matthew Sieradski

Hunyuan Qigong is designed to accumulate qi from the environment and use it to augment our prenatal qi (our genetic inheritance). This opens the qi-meridians of the body, forms the middle dantian (where qi is stored in the body) and thus promotes health, prolongs life, deepens stillness, and increases strength. Matt's wife Hiromi healed herself of a whiplash injury practicing this set, after a year of many different therapies failed. Many such cures have been reported.

**Matthew Sieradski**, RCST®, MAcOM, LAc is a spiritual teacher, Qigong, Taiji, and Bagua instructor, Acupuncturist, Herbalist, and Craniosacral Therapist. A student of the martial arts for nearly thirty years, Matt came to the path of healing through movement and breath. This led him first to Chinese medicine and finally to Craniosacral Therapy.



7:00 to 7:45 am: Morning Movement – *Laughter Yoga* with Sarah Lawson

Laughter Yoga is a mind and body exercise that allows us to tap into our natural state of childlike playfulness and JOY! It's a combination of games to make the sounds of laughter and natural laughter quickly follows.

**Sarah Lawson** loves to laugh! She was introduced to Laughter Yoga through a friend and certified through the Laughter Yoga university. She has taught in various settings: private classes, yoga studios, healing retreats, and large wellness festivals.



8:00 to 9:00 am: Breakfast

9:05 to 10:35 am: *Cranial Nerves and MORE: Working with Birth Issues* with Myrna Martin

This presentation will outline the primary impacts of difficult births on the cranial base and the cranial nerves necessary for breast or other feeding methods, and ways to treat these babies. Just as importantly, the relational issues of difficult births and lasting impacts into adulthood will be delineated and treatment strategies outlined. Because these issues show up in our work with adult clients as well, this presentation will be of interest even if practitioners are not treating infants as their specialty.

**Myrna Martin**, RCST®, RN, MN, RCC, is a graduate of the University of Calgary Family Systems Nursing program (MN) and has trained extensively in early trauma resolution work. She studied BCST and did her teaching mentorship with Cherionna Menzam Sills. She is an accredited teacher of Integrative Body Psychotherapy, and Biodynamic Craniosacral Therapy and a Registered Clinical Counsellor in British Columbia. She was Director of Nelson and Area Mental Health Services for many years. Since 2001 Myrna has been in private practice, created an Institute for teaching BCST and PPN. She teaches a professional training in Pre and Perinatal Attachment Therapy internationally and Summer Residential Intensives in BC. She facilitates many seminars, Process Workshops and Intensives around the world.



10:55 to 11:55 am: BCTA: *Why Our Work Matters in Today's World*  
with Margaret Rosenau

This lecture will frame the tools of our beloved Biodynamic Craniosacral Therapy within the framework of both ancient knowledge and present day understanding. We will explore formative forces, the relational field, pacing and the blueprint, with an eye to their timeless nature. We will discuss how our work has or can be changed and deepened in these times of uncertainty.

**Margaret Rosenau**, MA, RCST®, SEP, APP, has owned the School of Inner Health since 2016, where she teaches multiple courses including certification trainings in Biodynamic Craniosacral Therapy. She has been an approved teacher for the Biodynamic Craniosacral Therapy Association of North America SINCE 2006. She is a Registered Craniosacral Therapist (2003), Somatic Experiencing® practitioner (2002), Pre and Perinatal Therapist (2004) and Polarity Therapist (1998)



12:00 to 1:00 pm: Closing Circle - Going Forward

1:00 to 2:00 pm: Lunch

1:30 pm: Shuttle to BWI

2:30 pm: Shuttle to BWI