



MARGARET ROSENAU RCST®

2026 Candidate for the BCTA/NA Board of Directors



BIOGRAPHY

Margaret Rosenau, MA, RCST®, SEP is the owner and director of the School of Inner Health in Denver, Colorado, USA, www.schoolofinnerhealth.org. Margaret has decades of experience teaching and practicing Biodynamic Craniosacral Therapy. She is a master teacher who sees the human body as her medium for connecting people to the aliveness within themselves and the natural world. She is also a mother, writer, artist and activist deeply committed to amplifying the aliveness in the world and supporting the return to connection between people and their bodies and the living world.

Margaret holds a BA in Sculpture from Wesleyan University and a MA in Gerontology from the University of Southern California. In addition she has completed trainings in several other modalities including Somatic Experiencing®, Pre- and Perinatal Psychology, and Polarity Therapy. Margaret found BCST while searching for healing for her body. Her first experiences of BCST transformed not just her body but her recognition of what was possible for bodies to know and do. In 1996, she placed her hands on another body in a Biodynamic Craniosacral class for the first time. Instantly she felt the presence of the aliveness in the body and its ability to communicate. For her, it was a moment of remembering both ancient and present wisdom.

Margaret says: *"I didn't choose Biodynamic Craniosacral Therapy – I fell in love with it, deeply, totally, profoundly. Sometimes I have wanted it to matter less to me, but it has only grown to matter more. BCST has grown me into a person of presence and skill and awe. I am humbled daily by the process of deepening in relationship to the responsive, intelligent and exquisitely precise forces in the body and the world. They are present in every moment of our individual lives and collective experiences. It is from this place of awe and care for the magnificent aliveness at the core of what we call Biodynamic Craniosacral Therapy that I would accept an opportunity to serve on the Board of Directors if elected."*

STATEMENT / LETTER OF INTENT

This is my letter of intent to be a candidate for the BCTA/NA Board of Directors in this current election cycle and if elected begin my term in September of 2026.

BCTA/NA has supported me professionally for over two decades as a practitioner, teacher in training and teacher and I am deeply indebted to the association for the community and structure that it has provided for me professionally and for its presence and structural support of BCST in North America and beyond.

I am interested in serving on the Board of Directors now for three reasons. One because the timing is right for me professionally as I am pausing after ten years of teaching foundation trainings and therefore have more space for this commitment. Two because over many years of participating in the association, I have a lot of thoughts about where it functions well and

where it could grow more capacity. Three because of this particular moment in time in the association and the world and the intersection of the two are poignant and I would like to play a role in shaping the association's response to this moment. I also hope to contribute to creating new pathways for teaching and studying of BCST for members and to the larger public.

I have extensive experience in groups and with group processes. I have a deeply ingrained understanding of relationships and connection and dissonance and know in my bones that common ground can be found if all parties are willing. I have also served on several non profit boards (see Resumé) though it has been decades since I have done so. I have served on the BCTA/NA board in the past as a teacher liaison.

I am able to make the requested time commitment of seven hours a month to attend meetings and to matters in between meetings. I know that sometimes more will be asked, and I intend to participate in a way where my yes's and no's to requests are clear and honored especially in relation to time boundaries. I look forward to being an ambassador for the association to new members and as someone who speaks eloquently about the core principles of BCST. I look forward to making a difference in the organization.

I think my stepping onto the board now is a moment of low to no conflict or confusion between my professional needs as a practitioner and teacher and board member. This is part of why it feels right to step forward now.

I look forward to serving the association if I am elected.