



Gary Peterson, RCST®

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Year became RCST: 2001

Year became a BCTA/NA Approved Teacher: 2005

Business Name: The STAR Institute

Primary Location: San Francisco Bay Area, California

Other locations: Upon Request

About Gary: I was born in Madison, WI, in 1945. After university I built houses for many years before becoming a Polarity Therapy practitioner and teacher in the 1980's. I was the spa director at Murrieta Hot Springs, CA, in the late 1980's, where I first met Franklyn Sills. I was the Executive Director of the American Polarity Therapy Association from 1993 to 2000 and during that time took Franklyn's foundation training in Boulder, CO. I took Ray Castellino's prenatal/birth therapy training in the early 2000's. I founded The STAR Institute in 2004 and our school has completed 16 foundation trainings. My wife Bonnie and I have been married for 35 years and have three children and one grandson.

About His Teaching Style: My teaching style is a mix of immersion (65%) and didactic/lecture (35%), emphasizing a partnership dynamic rather than a hierarchy. We build a community during our trainings and classes, and learn together in an environment that focuses on safety, heartfulness and fun along with a deep exploration of BCST's holistic nature.

His Foundation Training is: Non-residential, 18 3-day modules spread out over 2-1/2 years, with about two months between modules.

Average Class Size: Eight to 20 students, average 12.

Maximum Number of Students: 26

Teaching Staff to Student Ratio: One teacher/TA to every four to five students

Advanced/related courses are offered, such as Working with Babies, Working with Traumatic Brain Injuries, Working with the Viscera, Working with Headaches. Other classes are offered in Polarity Therapy, Settling®, and other aspects of the nervous system.

Foundation Training Tuition: \$435 per three day module, \$7830 full 54 day training. Students pay per module, payment plans are available, small pre-payment discount for payment of full foundation training.

Training Requirements: The training is 700 hours including 350 hours of out-of-class learning, including 150 practice sessions, 10 professional BCST sessions received, anatomy study, and other learning experiences.

Final Note: I've sought to understand and alleviate the deep causes of suffering resulting from stress and trauma, especially for mothers and babies. To that end I formed the STAR (Settling Touch and Resource) Institute in 2004 and am working to complete my first book (Settling – Simple Practices for Calming Your Nervous System). I work with babies, children and adults in my private practice.