



## Biodynamic Craniosacral Therapy Association of North America

### *6TH BREATH OF LIFE CONFERENCE Mount Madonna, Watsonville, California September 16-20, 2010*

Listed below are the presenters, a short biography and a description of their presentation at the Breath of Life Conference. Registration forms can be found at: <http://www.craniosacraltherapy.org/Conf.htm> or by contacting Marilyn Angell at: 724-468-8578 or [angellbt@gmail.com](mailto:angellbt@gmail.com)

#### **Thursday evening, 9/16/2010**

##### **Laugh Yoga** with Kathleen Morrow, RCST®, RPP, LMT

Laughter is natural and enjoyable with practices as old as Tibetan Buddhism and as modern as the neuro science of mental fitness. Laughter registers in the body's chemistry reversing unhealthy stress reactions and helping various treatment work better. We will interact with each other in a series of laugh exercises until our bellies hurt and we experience a person to person bonding that I can only describe as "yummy".

#### **Friday, 9/17/2010**

##### **Mindfulness-based Stress Reduction** with Gloria Kamler, RCST®, MA

Gloria Kamler has worked with pain and stress relief for 34 years, offering her clients Polarity and Biodynamic Craniosacral therapies, as well as the Mindfulness-based Stress Reduction programs (MBSR.) Mindfulness is an integral part of her professional and personal life and is grateful to share her understanding of this practice with others. Gloria will teach MBSR to attendees of this morning movement class.

##### **"Holding the Whole: Baby, Mother, Father"** with Myrna Martin, RCST®, IBP, MN, RCC

Myrna has been a full time family therapist for 20 years and a biodynamic craniosacral therapist since 2000. She teaches a two year pre and perinatal training in the US and Canada, facilitates process workshop and has just completed the requirements of Teacher in Training BCST track. She is Director of the Kutenai Institute of Integral Therapies, an accredited school for bcst and prenatal/birth/attachment therapy.

##### **"Settling the Family Nervous System of the Newborn"** with Gary Peterson, RCST®

Attendees will learn particular skills and awareness for working with newborns and their families. These skills will help you identify specific activations to the family nervous system, to support the family (including newborn) to settle these activations, and to help the family system to coalesce at the most optimum level of autonomic nervous system coherence and affect regulation.

**"Biodynamic Frequencies of Consciousness: The Original Matrix as Sound"** with Darrell Brann, RCST®, RPP, LMT

The Chakra petals are biodynamic harmonics or frequencies which compose the original matrix or energetic template of the body. Harmonics create the space - cranial sutures, energetic templates or forms of the various body parts which the cells fill. Stress detunes the harmonics which are supporting the biodynamic template resulting in what is seen as disease. Darrell Brann has figured out the biodynamic frequencies of consciousness and uses them to return the body to the original matrix. [www.HarmonicsOfHealing.com](http://www.HarmonicsOfHealing.com)

**Piano Improvisation** with Lee Pui Ming and **Movement Improvisation** with Mary Ganzon

Mary & Pui Ming will present a series of short performance on each day of the conference. These will be improvised performances expressing their experience of the conference that day and a reflection of the Intelligence through sound and movement.

Lee Pui Ming is an improvising pianist and composer. She has 5 recordings to date; has toured Canada, Europe and Asia; and has received commissions for orchestral and chamber works. She completed her BCST foundational training with Anna and John Chitty in 2009.

Mary Ganzon, movement artist/teacher and body worker, brings a unique approach to her teaching from her background of various movement modalities as well dance performance. She presently lives in Portland, Oregon where she is in love with the trees and is learning how to play the ukulele.

**Saturday, 9/18/2010**

**Continuum** with Cherionna Menzam, RCST®, PhD, OTR/L

Cherionna Menzam PhD, OTR/L, BCST, RCST® has practiced various therapies for over 30 years, including Dance/Movement and BodyMind Psychotherapy. She has a PhD in Pre- and Perinatal Psychology, which she incorporates into her work. As an authorized Continuum teacher and certified Biodynamics instructor, she regularly uses Continuum to enhance her Biodynamics sessions and classes across North America. She lives in Santa Monica, CA, where she has a private practice and has been immersed in intensive Continuum practice with Emilie Conrad, the founder of Continuum Movement. Cherionna will teach Continuum to attendees of this morning movement class.

**"Titrating the Discharge of Frozen Defensive Responses"** with Sharon Porter, RCST®, SEP, RPP

As the Breath of Life moves, the Inherent Treatment Plan occasionally brings up things which are not successfully resolved by sitting in stillness and require a gentle but physical expression to free up the potency that has been holding a freeze in the system. This is usually in places where we wanted to

push, hit, bite, scream, kick or run, but it was not safe or possible to do so at the time. Peter Levine says that 80% of the charge (shock or adrenergic energy) is in the imaginal and preparatory stages of the withheld expression. Sharon will show how to work with these phenomena, on or off the table, to allow the system to deeply settle.

**“The Healing Field and Transforming Trauma”** with Mary Louise Muller, RCST®, M.Ed., RPP

At the heart of the biodynamic approach is Health. We will approach the resolution of trauma through tools that integrate stillness, long tide, potency, verbal skills and fluid based work. We will learn about specific symptoms and how to approach them with resources that encourage the possibility of “something else happening”.

**“The Breath of Life as Death Approaches: Craniosacral Therapy and Aging”** with Margaret Rosenau, RCST®, SEP

How do the expressions of the Breath of Life change as our body ages? What are the issues at the end of life that can be supported by craniosacral therapy? How can our understanding of the inherent health in a person support the aging process? What does the disease of dementia do to the brain? We will explore these and other questions as we explore how craniosacral therapy can be utilized to support people in the later years of life and their families to come to terms with this stage of development.

**Sunday, 9/19/2010**

**“Form, Function & Flow; Craniosacral & the Alexander Technique”** with Christine Johnson

Christie Johnson is an Internationally Certified Alexander Technique Teacher in the midst of a project on the combination of resources of The Alexander Technique & Biodynamic Craniosacral Therapy. She has completed 700 hours of the Biodynamic Craniosacral Therapy Training via Life Shapes and continues further education to dance with Form, Function and Flow in all aspects of life. She’s helped executives & performers mitigate stage fright, seniors & surfers improve balance, gardeners & golfers improve range of motion, pregnant women & their partners expand their comfort, and riders & runners to release muscle tension. Christie will teach the Alexander Technique to attendees of this morning movement class.

**Polarity Therapy and Craniosacral Biodynamics** with Roger Gilchrist, RCST®, MA, RPE

Roger teaches Craniosacral Biodynamics and Polarity Therapy internationally, and maintains a clinical practice in New York City. He is keenly interested in the work of Robert Fulford, D.O. as the connecting link between Dr. Sutherland and Dr. Randolph Stone, the founder of Polarity Therapy. Roger will present how it is possible to work with the primary energy of the Breath of Life as well as the particular energy circuits established in the human energy system. Polarity

Therapy deepens understanding Craniosacral Biodynamics and can increase its effectiveness.

**“Structure in Motion: Form, Function and Healing of the Shoulder”** with Christopher Muller, RCST®, RPP

In this presentation attendees will review the embryology and anatomy of the shoulder, the upper thorax with its attendant organs, the neck and the corresponding fascial connections. We will examine, in detail, the role of the internal organs of the thorax to the muscular skeletal problems you may encounter with your clients. We will explore possible therapeutic strategies for dealing with limited range of motion, torn muscles or ligaments, frozen shoulders and how to work with these in a gentle, effective and practical manner.

**Monday, 9/20/2010**

**“Deepening into the Waters, Breathing the Breath of Life: Continuum Movement Clinical Applications in Biodynamic Craniosacral Therapy Sessions”** with Cherionna Menzam, RCST®, PhD, OTR/L

Continuum is an inquiry into the mystery and potential of our fluid bodies. In this one-day workshop, you will learn about some remarkable overlaps between Continuum and Biodynamics. You will explore the effects of the breath, sounds, movement and subtle awareness of Continuum in your own body in the morning. In the afternoon, we will take this powerful work to the massage table, and blend it with the respectful relational hands-on contact of Biodynamic Craniosacral Therapy.

Cherionna Menzam is an authorized Continuum teacher and certified Biodynamic Craniosacral Therapy instructor with the BCTA/NA. She integrates Continuum into her Biodynamic trainings and individual sessions across North America. She draws on her varied experience as Occupational, Massage, Prenatal and Birth, and Dance/Movement Therapist, plus Intuitive and BodyMind Psychotherapy. Cherionna holds graduate degrees in Pre- and Perinatal Psychology and Somatic Psychology and has taught in both fields. She has a private practice in Nelson, BC and Santa Monica, CA. More information on Cherionna available at [www.cherionna.com](http://www.cherionna.com).