



Embracing Change

The Biodynamic Craniosacral Therapy Association
Of North America
Virtual Breath of Life Conference
September 9 – 12, 2021



Paula Potts
RCST®
Keynote Speaker

The BCTA/NA Board of Directors and the Conference Committee invite you to join us at the 2021 Virtual Breath of Life Conference.

As we all begin to embrace the change that is happening in our lives, our presenters will inspire, educate and give you new tools to take back to your private practices and personal health journeys.



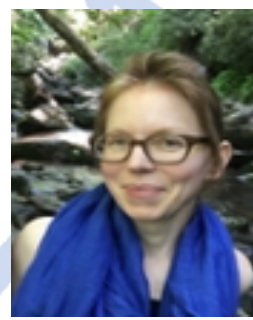
Aaron Johnson
Co-Founder
Holistic Resistance



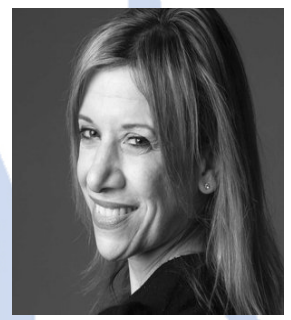
Barbu Panaitescu
RCST®



Alison Hazelbaker
RCST®, PhD, IBCLC



Annette Herwander
RCST®, Pilates Instructor



Clara Favale
RCST®



Kate White
RCST®, BCBMT,
SEP



Kristin Siple
Womb Surround Process
Workshop Facilitator



Prue Jeffries
RCST®



Roger Gilchrist
MA, RPE, RCST®



Shannon Dailey
RCST®

During our Opening Ceremony you will hear special presentations from Cator Shachoy, Libby Kirkpatrick, Robert Castellino and Sheryl Lee. Our Movement Presenters during the conference will be Ruti Wagaki, Bob Lehnberg and James Foulkes.



Schedule of Events

OPENING CEREMONY Thursday, September 9, 2021

3:00 pm – 3:10 pm: Visual Meditation
Becoming Present Through Nature
with **Robert Castellino**, RCST®
*Our Opening Ceremony begins with a multimedia
video showing dramatic images in nature
combined with calming and inspiring music.*

3:10 pm – 3:30 pm: Award Ceremony

3:30 pm – 3:45 pm: Settling Meditation

3:45 pm – 4:15 pm: Keynote Presentation
with **Paula Potts**, RCST®

4:15 pm – 4:30 pm: Following Your Path of
Change: A Finger Labyrinth Walk
with **Sheryl Lee**, RCST®

4:30 pm – 4:45 pm:
Networking Lounge - Meet and Greet

4:30 pm – 5:00 pm:
Grounding with Sound
Music by **Libby Kirkpatrick**, RCST®

5:00 pm – 5:30: Break

5:30 pm – 6:30 pm:
Yoga & Mindfulness for Self-Regulation & Joy
with **Cator Shachoy**, RCST®, CIAYT yoga
therapist, YACEP instructor,
*Explore gentle movement, mindfulness, and
breath awareness to nourish yourself inside and
out.*

Registration information can be found
on the BCTA/NA website.
Please visit
www.craniosacraltherapy.org.

All times are listed in
Eastern Daylight Time.

DISCLAIMER: Due to unforeseen
circumstances, the schedule and
presenters may be subject to
change. Your understanding is
appreciated.



BCTA/NA is an Approved Provider
for Continuing Education.



Schedule of Events Continued

CONFERENCE Friday, September 10, 2021

10:00 am – 10:45 am: Medical Qigong -
Forms for Health and Healing
with **Ruti Wagaki, RCST®**

Participants will be guided through a series of gentle, interconnected Medical Qigong forms derived from Traditional Chinese Medicine. Using movement and breath, the focus will be on generating Qi, or life force, in the body for increased vitality and health, deep grounding and centering.

10:45 am – 12:00 pm: Break

12:00 pm – 1:30 pm:
The Science Behind Remote Session
Work and Beyond

with **Clara Favale, MS, PT, RCST®**
and **Shannon Dailey, LMT, RCST®**

Learn about scientific evidence of how we can connect with one another through time and space remotely. This presentation will also discuss bringing in Universal Principles of Spiritual Concepts of healing (including BCST), Aboriginal Wisdom in support of these, possibilities, and more.

1:30 pm – 1:45 pm: Break

1:45 pm – 3:15 pm: Pelvic Floor -
Understanding Dysfunction and Health
With **Annette Herwander, RCST®**

This presentation provides understanding to a widely embarrassing and not talked about topic. Clients are often confronted with surgery and medications to solve issues that arise from the pelvic floor. Topics such as the anatomy of the pelvic floor, typical unknown and unaddressed causes, triggers and how to identify what kind of practitioner to refer patients to for additional support will be discussed.

3:15 pm – 4:00 pm: Break

4:00 pm – 5:00 pm: Remote Exchange

5:00 pm – 5:10 pm: Break

5:10 pm – 6:10 pm: Remote Exchange

6:10 pm – 6:30 pm: Debrief

6:30 pm – 7:30 pm: Break

7:30 pm – 9:00 pm: Holding BIPOC Experience in
BCST Training and Practice

with **Aaron Johnson**, co-founder of Holistic Resistance, and **Barbu Panaitescu, RCST®, ERYT**
Participants will be guided through Aaron's personal experience as an African Heritage man receiving BCST from Barbu, highlighting racial and gender dynamics that might arise in session work and BCST learning environments for BIPOC folks.



Schedule of Events Continued

CONFERENCE

Saturday, September 11, 2021

10:00 am – 10:45 am: Embryological Qigong
With **Bob Lehnberg**, RSME, EAY, EDMY

In this participatory session we will attune to the empty state of wuji and to our unique drone. The incarnation of stillness and movement express the polarities of the yin egg-mind and the yang sperm-mind. Between these polarities, we receive and express life in the present.

10:45 am – 12:00 pm: Break

12:00 pm – 1:30 pm:
The Shimmering on the Pond and Other
Embryological Midline Adventures
with **Kate White**, RCST®, MA, BCBMT, CEIM, SEP

We will discuss various embryological features around midline development important to Biodynamic craniosacral therapy and embryological imprint/blueprint phenomena.

1:30 pm – 1:45 pm: Break

1:45 pm – 3:15 pm:
The Dance of the Embryo: Connecting with the Original
Rhythms and Movements of Life
with **Kristin Siple**, RCST®,

In this experiential session, participants will be welcomed to explore, from the inside-out, some of the embryonic movements that our bodies remember from one of the most rapid periods of growth and change in our lives. When we slow down and connect to those movements, we are invited to come into relationship with the underlying intelligence and health that supported the original formation of our bodies, and that still exists in the field today.

3:15 pm – 4:00 pm: Break

4:00 pm – 4:40 pm: Remote Triad

4:40 pm – 4:45 pm: Break

4:45 pm – 5:25 pm: Remote Triad

5:25 pm – 5:30 pm: Break

5:30 pm – 6:10 pm: Remote Triad

6:10 pm – 6:30 pm: Debrief

6:30 pm – 7:30 pm: Break

7:30 pm – 9:00 pm: *The Impact of Trauma on Infant Breastfeeding as a Midline Behavior*
with **Alison Hazelbaker**, RCST®, PhD, IBCLC
In this presentation, Dr. Hazelbaker defines trauma and its impact on infant breastfeeding, and the role of CST in resolving suck-swallow-breathe dysfunction. She lists the stress vectors that generate the trauma and the various signs and symptoms of trauma as they specifically manifest in breastfeeding behaviors. She further makes suggestions as to how to target craniosacral work to resolve shock and trauma and restore proper suck-swallow-breathe thereby supporting the long-term breastfeeding relationship between mothers and babies.



Schedule of Events Continued

CONFERENCE Sunday, September 12, 2021

10:00 am – 10:45 am:

Qigong for Health and Well Being

with **James Foulkes**, RCST®, E-RYT 500, C-IAYT

Explore a rounded Qi Gong practice including a routine called “The 8 Silk Brocade” developed more than 800 years ago during the Song Dynasty for energetic awareness, optimal wellness and sustained energy.

10:45 am – 12:00 pm: Break

12:00 pm – 1:30 pm: Distinguishing Stillpoints and States of Balance

with **Roger Gilchrist**, MA, RPE, RCST®

When therapists are working with subtle dynamics, it is not always clear what is happening. The osteopathic lineage from which BCST has precipitated has always emphasized precision and encouraged practitioners to understand their work as specifically as possible. Recognizing the difference between stillpoints and states of balance is one potential grey area in our work. Indeed, each of those dynamics is different from the other, and each one offers a specific therapeutic opportunity—again different from the other process. This presentation will help you distinguish stillpoints from states of balance, and become more precise with which principles and practice are best to use with various therapeutic processes.

1:30 pm – 1:45 pm: Break

1:45 pm – 3:15 pm: The Fluidity of the Midline: Exploring the Three Centers
with **Prue Jeffries**, RCST®

We will explore the flux of life - change – which is constantly occurring without conscious control or awareness. The midline can locate us in space and time, serving as a portal of wholeness. By entering, and exploring the fluidity of the midline and three centers, we can attune to wholeness, awakening self agency that is attuned, responsive and wise.

3:15 pm – 4:15 pm: Closing Ceremony
Visual Meditation – Becoming Present
Through Nature

with **Robert Castellino**, RCST®

The BCTA/NA 2021
Conference Committee
hopes you have a
wonderful time at the
Breath of Life
Conference. We look
forward to seeing you in
person in 2023.