

## **Christina Morrow RCST®**

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Year became RCST: 2000

Year became Approved BCTA/NA Teacher: 2016

Business Name: Stillpoint

Primary Location: New York, New York



**Biography:** As a perpetual student of life and nature, I spend time on the northeast coast between Rhode Island and Connecticut with my husband Eric. Together we raised two children and now that they are grown, we are loving improvising in our free time. When not teaching and practicing craniosacral biodynamics, I love to play jazz with friends, spend time in close observation of nature, and spend time training and playing with our dog, Dogen. As part of a meditation sangha that meets at our small barn in Connecticut, we focus on service, laughter and camaraderie.

**Teaching style:** As a relatively new teacher, I am riding on the tradition of Franklyn Sill's teaching style. He has been coaching and mentoring the three Stillpoint teachers for 7 years and it has been a wonderful experience. The style is part meditative, part lecture with questions and answers, part conversational within small groups and part practical. There is a transmission of the experience of the tides through the meditative processes that we engage within. Humor, creativity and flow are our aspirations!

**Foundation Training Program:** This is a day program with ten 5-day modules over a period of 24 months with three months in between each module.

**Average Class Size:** 30

**Maximum Number of Students:**

**Teaching Staff to Student Ratio:**

**Related Courses:**

**Distinguishing Class Features:**

I offer tutorials, practice sessions and supervisions in Connecticut. I am thoroughly enchanted to have an opportunity to continue studying, exploring, discovering, and transmitting our wonderful work.