



# The Midline

The Biodynamic Craniosacral Therapy Association  
Of North America  
Breath of Life Conference  
September 10 – 13, 2020



Anna Chitty will host a pre-conference workshop on Thursday, September 10, 2020, where she will present **Blueprint Resonance: Verbal Skills for Embodied Transformation.**

Anna will also be our Keynote speaker on Thursday evening at the Breath of Life Conference Opening Ceremony.



Alison Hazelbaker  
RCST®, PhD, IBCLC



Annette Herwander  
RCST®, Pilates Instructor



Brian Tierney  
RCST®, PhD in  
Somatic Psychology



Joanne Gallagher  
RCST®



Kate White  
RCST®, BCBMT, SEP



Margaret Rosenau  
RCST®, MA, SEP



Prue Jeffries  
RCST®



Roger Gilchrist  
MA, RPE, RCST®

Our Movement Presenters during the conference will be: James Foulkes, Lucie Mitchell, Elizabeth Chitty, Sheryl Lee, Lauren Tietz and Cator Shachoy

YMCA of the Rockies, Estes Park, CO



# Welcome!

The BCTA/NA Board of Directors and the Conference Committee extend to you a warm welcome to our 2020 Breath of Life Conference in Estes Park, Colorado.

Our workshop presenters should prove exciting for our members and guests. We feel that you will discover balance and insight for your private practices and personal health journeys that will make a strong and positive impression on you.

In addition to the daily workshops, there will be a Pre-Conference workshop. Attendees will also be able to participate in Morning Movement and network with others in the field from around the globe.

## Venue

The YMCA of the Rockies is the largest YMCA in the world. The original building dates back to 1907 and sits on 860 acres high up in the mountains, 8010 feet. It borders Rocky Mountain National Park which was recently recognized as the #1 Outdoor and Adventure destination in the United States.



## Schedule Board and Teacher's Meeting

### Wednesday, September 9, 2020

1:30 pm: Board and Teacher's Meeting Check-In Begins

3:00 pm – 9:00 pm – Board and Teacher's Meeting

*All BCTA/NA Teachers are invited to this yearly meeting to network with each other and discuss topics of interest. This meeting will include dinner.*

### Thursday, September 10, 2020

## Pre-Conference

8:00 am – Pre-Conference Check-In Begins

7:00 am – 8:30 am – Breakfast

9:00 am – 5:00 pm - *Blueprint Resonance: Verbal Skills for Embodied Transformation*

**Anna Chitty** is the co-Founder and primary teacher at the Colorado School for Energy Studies, located in Boulder, Colorado. Her verbal skills series offers a way for touch practitioners to deepen their understanding and capacity to use verbal skills to support clients on and off the table.

This is a gender inclusive conference.

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

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# Schedule of Events

## Conference

### Thursday, September 10, 2020

4:00 pm – Conference Check-In Begins  
5:00 pm – 6:30 pm – Dinner  
7:00 pm – Welcome – Jennifer Song  
7:05 pm – Settling – Robyn Michele Jones  
7:25 pm – BCTA/NA Announcements  
7:30 pm – Keynote Speaker – Anna Chitty  
8:15 pm – Ice Breakers and Networking

### Friday, September 11, 2020

7:00 am – 7:45 am: Morning Movement  
*In this session, **James Foulkes**, RCST®, E-RYT 500, C-IAYT, will introduce participants to Qi Gong, a term used to describe various forms of soft exercises combining relaxation, movement and breath, which stem from Ancient China.*

7:00 am – 7:45 am: Morning Movement  
***Lucie Mitchell**, RCST®, will take you on a hike in the woods around the YMCA campus, interspersed with yoga stretching, relevant BCST discussion and a meditation.*

7:00 am – 8:30 am: Breakfast

9:00 am - 10:45 am: The Impact of Trauma on Infant Breastfeeding as Midline Behavior  
*In this presentation, **Dr. Alison Hazelbaker**, RCST®, PhD, IBCLC, defines trauma and its impact on infant breastfeeding, and the role of CST in resolving suck-swallow-breathe dysfunction.*

11:05 am - 12:00 pm: Distinguishing Stillpoints and States of Balance  
***Roger Gilchrist**, MA, RPE, RCST®, will discuss how to distinguish stillpoints from states of balance, and how to become more precise with which principles and practice are best to use with various therapeutic processes.*



Fall is mating season for elk. The males come down from the mountains and make their presence known to all the females. You might hear the elk bugling which sounds a little like a barn door opening.

12:00 am – 1:00 pm: Lunch

1:30 pm – 2:45 pm: The RTM and the Importance of Reciprocity  
***Margaret Rosenau**, MA, APP, RCST, SEP, will focus on the Reciprocal Tension Membrane (RTM) and the nature of reciprocity in BCST both structurally and relationally.*

3:15 pm - 5:45 pm: Table Exchange

6:00 pm - 7:00 pm: Dinner

7:30 pm - 9:00 pm: Evening Activity  
*All BCTA/NA members are invited to our bi-ennial membership meeting to network with other members and the Board of Directors.*





# Schedule Continued

## Saturday, September 12, 2020

7:00 am – 7:45 am: Morning Movement

**Elizabeth Chitty Sandoval**, RCST®, APP, ABD, PLC, will guide a morning movement session, *Biodynamics in Motion*, blending deep somatic listening with improvisational movement, allowing the health of the body to be strengthened and explored in space, time and relationship with others.

7:00 am – 7:45 am: Morning Movement

**Sheryl Lee**, RCST®, will take you on a unique meditative movement session using the labyrinth's changing path as a metaphor for the twists and turns we encounter on life's journey.

7:00 am – 8:30 am: Breakfast

9:00 am - 10:45 am: The Shimmering on the Pond and Other Embryological Midline Adventures

In this presentation, **Kate White**, RCST®, MA, BCBMT, CEIM, SEP will discuss various embryological features around midline development important to Biodynamic craniosacral therapy and embryological imprint/blueprint phenomena.

11:05 am – 12:00 pm: Annette Herwander – Pelvic Floor Dysfunction and Health

Clients are often confronted with surgery and medications to solve issues that arise from the pelvic floor. **Annette Herwander**, RCST®, will discuss 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.

12:00 am - 1:00 pm: Lunch



1:30 pm – 2:45 pm: Lines and Rhizomes: Craniosacral Ontology and the Deconstruction of the Docile Body

**Brian Tierney**, RCST®, PhD in Somatic Psychology, will introduce the listener to the ontology of Gilles Deleuze and draw parallels to Craniosacral ontology/philosophy, introduce the listener to Critical Theory and various concepts and principles regarding internalized oppression, such as Foucault's Docile Body, and use the work of Deleuze to critically appreciate the concept of the midline.

3:15 pm - 5:45 pm: Table Exchange

5:00 pm - 7:00 pm: Dinner

6:30 pm – 8:00 pm: Evening Activity

**Robert Castellino**, RCST®, will take you on a photographic journey and hike at Sprague Lake in Rocky Mountain National Park. This interactive program is focused on the power of the presence found walking in nature and being present with her.

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# Schedule Continued

## Sunday, September 13, 2020

### 7:00 am – 7:45 am: Morning Movement

*During this Authentic Movement (AM) session, **Lauren Tietz**, RCST®, LMT, MFA will work with students in a safe container resting and moving at their own pace with eyes closed, listening to inner experiences and movement impulses to find ways of moving that feel nourishing and satisfying.*

### 7:00 am – 7:45 am: Morning Movement

*Yoga & Mindfulness for Self-Regulation & Joy with **Cator Shachoy**, RCST®, CIAYT yoga therapist, YACEP instructor, will explore gentle movement, mindfulness, & breath awareness to nourish yourself inside & out. Everything we practice together can be applied to your work with clients.*

### 7:00 am – 8:30 am: Breakfast

*All participants must be checked out of their rooms before the first session.*

### 9:00 am – 10:45 am – TBD

*Prue Jeffries, RCST®, will speak to us on a topic to be determined. Please watch for more information as it becomes available.*

**11:05 am – 12:00 pm: The Midline of Human Healing and the Biodynamic Craniosacral Session - An Invitation for Life**  
*The Biodynamic Craniosacral session is a necessary and important part of a healthy lifestyle. The Midline of Human Healing and the Biodynamic Craniosacral Session - An Invitation for Life, as explained by **Joanne Gallagher**, RCST®, will help practitioners have the tools needed to understand and implement these life principles so that all people can accept and embrace them.*

**12:00 pm – 12:30 pm: Closing Circle – Going Forward**

**12:30 am – 1:30 pm: Lunch**



BCTA/NA is an Approved Provider for Continuing Education.

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# *In Closing*

The Midline Logo artwork is courtesy of Laural Wauters. More information can be found at [www.mandalachakra.com](http://www.mandalachakra.com)



The current Board of Directors at their yearly in-person Board meeting.  
From left to right: Pam Hower, Sid Hawkins, Robyn Michele Jones, Elizabeth Hammond, Sheryl Lee, Ellen Synakowski, Jennifer Song, Fred Snowden, Lucie Mitchell. Not pictured are Felicity Bensch and new Board members Gayle Buchner and Dee Powers.

The BCTA/NA 2020 Conference Committee hopes you have a wonderful time at the Breath of Life Conference. We look forward to seeing you in 2022 in

Canada 

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