



Global Breath of Life Virtual Conference

September 10 – 13, 2020

Riding the Waves of Change

The BCTA/NA Board of Directors and the Conference Committee invites you to join us at our 2020 Global Breath of Life Conference.

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



Karen Henderson
Keynote Speaker
RCST®



Amahla Johnson
Sound Healer



Josef Steiner
RCST®, TRE



Bhadrena Tschumi
RCST®, MA, SEP



Sid Hawkins
RCST®, RMT



Sarah Nesling
BCST



Frank Carbone
CMPT



Simon Gosling
RCST®



Ellen Groesser
MSc, BCST



Steve Haines
BCST, DC



Schedule of Events

Thursday, September 10

12:00 pm Pacific/3:00 Eastern

Welcome and Settling Meditation – **Robyn Michele Jones**, BCTA/NA Board President

Keynote Speaker – Karen Henderson
Shift is Happening: Riding the Wave of Change. As our world experiences and moves through a major shift in consciousness, how do we stay oriented to the intrinsic health that exists in our collective society and universe? Can we orient to this health while experiencing the individual and collective dysfunction and chaos within our society? Can we be still, and come into relationship with what is showing up in the moment and ride the wave? Between the poles of love and fear, stillness and chaos, Spirit and form - Shift is Happening.

Sound Healer – Amahla Johnson Intuitive sound healer, Amahla Johnson, will use her voice to work on the conference group as one body. In a short presentation after the keynote, she will explain her way of working with sound, and then move into energetically enquiring what shift is required to support participants with heart-centered collaboration and dialogue.

BCTA/NA Awards Ceremony

Friday, September 11

9:00 am – 10:30 am Pacific

Josef Steiner – *Soma Breathwork*

Discover the power of breath in this 90 minute session. Josef will begin with a brief introduction into Soma Breathwork before taking you through the simple components of the exercise. Guided meditation on grounding, resources, midline and the embodied breathing space will follow.

10:45 am – 12:15 pm Pacific

Bhadrena Tschumi – *Riding the Virtual Waves of the Tide*

Creating a safe container, especially in times of uncertainty and challenges, is essential. In this session you will learn the tools of exploration and inquiry to deepen the process, lead to new discoveries and integration in daily life. The Tide is our guide to Health and Wholeness, carrying us through the unfoldment of a session.

Immediately following this session, you will have the opportunity to be randomly placed in breakout rooms to practice the tools you learned from Bhadrena Tschumi. The breakout rooms will be open for two hours for you to use as you wish.

4:30 pm to 6:00 pm Pacific

Sid Hawkins - *Beyond the Binary – Tools for an Expansive Practice*

During this talk we will: go over terminology regularly used in queer and gender non-conforming (GNC) circles; discuss the differences between sex, gender, sexual orientation, gender expression etc. We will also talk about inclusive language options that can easily replace more traditional ways of describing bodies, relationships and parenting.



Saturday, September 12

9:00 am – 10:30 am Pacific
Sarah Nesling – *Sacred Space - Supporting Pregnancy and Babies*

In this presentation Sarah will offer her thoughts into how BCST can bring in the element of stillness and space needed at this special time to help downregulate the autonomic cycling between mother and baby and significant others.

10:45 am – 12:15 pm Pacific
Frank Carbone– *Womb Continuum*

In this class Frank will offer an experiential and creative ways to explore movement in an embryonic journey from the inside, tracking the sensations of being held in a womb created in a field of co-creative bio resonate expression of fluid and its restorative capacity to dissolve and return to form.

1:00 pm – 2:00 pm Pacific- Online Remote Settling and Support Session Exchange

2:15 pm – 3:15 pm Pacific –Online Remote Settling and Support Session Exchange

4:30 pm to 6:00 pm Pacific
Simon Gosling - *Tissue Memory – The Repository of Procedural Memory and so much more..* Looking at the latest research, we will explore the world of tissue memory and it's relevance within the biodynamic concept. From gene expression to the very constitution of psyche tissue effects all aspects of our lives. We will explore new models of memory and its relationship to the connective tissue matrix, the nature of our cell life and how this impacts on our immune system and appreciation of embodiment.

Sunday, September 13

9:00 am – 10:30 am Pacific
Ellen Grosser – *Stillness and Bliss – New Aspects for our Practice*

This webinar will give you insight into the connection between stillness, Primary Respiration and breathing - by the means of intuitive and relaxing pictures as well as meditations.

10:45 am – 12:15 pm Pacific
Steve Haines– *TRE®*

Steve Haines will introduce you to TRE®, Tension and Trauma Releasing Exercises, which are a simple set of exercises that trigger a natural tremor reflex in the body. TRE® is a safe, natural process to re-boot overprotective reflexes.

12:15 pm Pacific
Closing Circle

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.

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

