The 2014 APTA & BCTA/NA
*Science and Spirituality*
Breath of Life Conference

September 11-14th, 2014
Mount Madonna, California

*Pre-conference September 11*th
*Post-Conference September 14*th to 16*th.

James Arena
RPP, CPE, BA

Cherionna Menzan-Sills
PhD, OTR/L, RCST

Gary Strauss
MS, RPP, PWE

Sharon Porter
RCST, RPE, SEP, STRP

John Chitty
RPP, BCST

Roger Gilchrist
MA, RPE, RCST

Mary Louise Muller
M.Ed., RPP, RCST

Mary Cheers
LMT, RMT

*Other Presenters Include* Mimi Nelson-Oliver, MSW, LICSW, RCST, RPE, LMT; Elizabeth Hammond M.Ed., RCST, RPP, CPE; Miriam Jacobs, IPE, CMT, BFA, RPP, RPE, CMT; Christopher Muller RCST, RPP, RPE; Kathleen Morrow, RCST, RPP, LMT;

*Pre-Conference Presentation by*: Ray Castellino DC (retired), RPP, RPE, RCST
*Post-Conference Presentation by*: Gary Peterson RCST, Former Executive Director of APTA
Welcome!

The Boards of Directors and joint Conference Committee of the American Polarity Therapy Association and the Biodynamic Craniosacral Therapy Association of North America extend to you a warm welcome to our 2014 Science and Spirituality Conference in Mount Madonna, California.

Our workshop presenters should prove exciting for our members, for those new to somatic practices, and for seasoned energy therapists from other disciplines. 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 workshops, there will be Pre and Post Conference presentations from leaders in the field. Attendees will also be able to participate in movement and meditation, and network with others in the energy healing community from around the globe.

Accommodations

Mount Madonna Center is a conference and retreat center located on 355 acres of mountain-top redwood forest and grassland overlooking Monterey Bay, between Santa Cruz and Monterey, in Northern California. The Center provides a peaceful environment for individuals and groups to refresh and recharge.

Lodging will be arranged through your registration (see below). Do not contact Mount Madonna regarding housing. Vegetarian meals are included in the price of lodging. For those staying off the premises, a “meals & facilities use” plan is available. Attendees are asked to refrain from bringing food to the Center and to bring their own bath towel and container for drinking water.

Attendees may make arrangements in advance with the center for transportation to and from local airports. Instructions for requesting rides and maps to the center can be found on the Mount Madonna website at www.mountmadonna.org

APTA and BCTA/NA are Approved Providers for Continuing Education

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

Schedule

Wednesday, September 10th, 2014

Conference Check-In

4:00 pm - Pre-Conference Attendee Arrival begins
4 to 5:00 pm - Conference Check-In is Open
5 to 6:00 pm - Dinner (Those arriving for the Pre-Conference after 6:00 pm, please plan to eat before coming)

Thursday, September 11th, 2014

Pre-Conference

Hosted by APTA with Ray Castellino

7:30 to 9:00 am - Conference Check-In is Open
8:00 to 8:45 am - Breakfast
9:00 am to 4:00 pm - The Evolution of Polarity Therapy, Biodynamic Craniosacral Therapy and Revolutionary Ways for Integrating Pre and Perinatal Perspective to Healing Preverbal Imprints
Ray Castellino DC (retired), RPP, RPE, RCST

Ray will lead a series of exercises that take you to the core of impulse generation in the body. He will demonstrate how prenatal and birth experiences provide the precursors to all movement in life, the expression of the rajasic fire principle and manifest in birth, attachment, play and motivation.

About Ray: In the eclectic tradition of Dr. Randolph Stone, Ray's integration of Polarity Therapy, Biodynamic Craniosacral and neuropsychobiology form his approach to supporting families and small groups in the resolution of pre and perinatal trauma. He was on the original board of directors and is a past president of APTA.

Science

Spirituality

4:00 pm - Conference Attendee Arrival begins
4 to 7:00 pm - Conference Check-In is Open
5 to 6:00 pm - Dinner (Those arriving to the Conference after 6:00 pm, please plan to eat before coming.)
7:00 pm - Mount Madonna Welcome Orientation
7:30 pm - Opening Prayer of Sacred Sound with Vickie Dodd
7:50 pm - Greeting and Sharing Time
Friday Conference Presentations

7:00 to 8 am - Morning Movement and Meditation: Waking up the Tree of Life and the Breath of Life
Mimi Nelson-Oliver, MSW, LICSW, RCST, RPE, LMT

Mystical and traditional Jewish practices are rich with beautiful morning rituals that welcome the “Soul breath” back into the body and acknowledge the living union between the Body and Spirit. Using references from Dr. Stone, Vol One, Chart #12 , Trees of Life in Man-Divine and Physical, and Dr. Sutherland’s references to Genesis Chapter 2:7 “The Soul breath of Life”, participants will wake up to their radiant Beings through movement, polarity yoga, chanting and mystical meditation.

*Mimi Nelson is a biodynamic craniosacral practitioner, polarity practitioner and educator, massage therapist, clinical social worker and a certified yoga instructor. She studies Kabbalah (Jewish Mysticism), and is happiest when moving with the Breath of Life.

8:15 to 9:15 am - Breakfast

9:30 to 10:45 am - A Comprehensive View of the Human Energy System
Roger Gilchrist, MA, RPE, RCST

This presentation will explore the relationship of Biodynamics and Polarity Therapy to the Human Energy System, when energy-based therapy is sufficient for healing, how a practitioner may ensure changes at a physiological level, and more. An emphasis will be put on the bridges between fields in healthcare and between mainstream and CAM approaches, which raise important concerns for our disciplines that must be addressed in order to become more widely accepted.

Roger is the founder of the Wellness Institute, an international school for Energy Medicine. He has authored Craniosacral Therapy and the Energetic Body, and a forthcoming book on Polarity Therapy. In addition to being a psychotherapist, Roger is practices Polarity and Craniosacral and teaches both internationally.

11:00 am to 12:15 pm - Mystical Marketing: Integrating Your Spiritual Values with Your Business Model
Mary Cheers, LMT, RMT

This class will explore the special needs of bodyworkers to run businesses with integrity. Spiritual values can enhance business success as well as personal satisfaction. Techniques and personal practices for becoming comfortable with marketing will be discussed, as well as how to clarify and cope with your own feelings about money and success.

Mary has taught clinical massage, subtle energy techniques and business practices for practitioners since 1992. She has studied the Body/Mind/Spirit connection for the past 29 years. Her private practice is in Dayton, Ohio.

12:30 to 1:30 pm - Lunch

1:45 to 3:00 pm - Becoming Conscious To Move Freely and Fluidly as the Light Beings We Are!
Elizabeth Hammond M.Ed., RCST, RPP, CPE

WellSpring Integration System (WSIS) is a vibrational approach to client awareness and self-education founded on the precepts of Biodynamic Craniosacral Therapy and Polarity Therapy. As the practitioner uses sensitive touch and particular energetic protocols to help reconnect the body’s systems to its natural intelligence, the receiver may notice forgotten awareness of physical sensations and the body’s physiological, energetic and psycho-emotional vital currents that open to liberate encapsulated stagnation.

Elizabeth Hammond’s 35 years of study, teaching and counseling led to the development of a conscious communication process to assist awakening. She has been a Polarity Practitioner since 1978 and a Biodynamic Craniosacral practitioner since 1993. She developed the WellSpring Integration System in 1996 and taught the first WSIS seminar in 2006.

3:15 to 5:15 pm - Table Work

5:30 to 6:30 pm - Dinner

6:30 to 7:45 pm - APTA General Membership Meeting

8:00 to 9:15 pm - Holding Space
Gary Strauss, MS, RPP, PWE

Improve the efficacy of your Polarity and/or Craniosacral Therapy practice by 30% - 70%. This workshop will help you improve and set the power of what you are already doing in your work.

Gary is a Master Practitioner Polarity Therapy and CranioSacral Unwinding Instructor. He is the founder and director of Life Energy Institute and Polarity Healing Arts of CA. With over 30 years experience in the Energy Medicine field, Gary has helped thousands of people find greater health and well-being with his work and mentoring. His educational programs have uplifted many students to greater levels of skill, self-awareness, empowerment and deep understanding of the Principles of Life Energy.
Saturday September 13th, 2014
Saturday Conference Presentations

7:00 to 8:00 am - Morning Movement and Meditation: Polarenergetics Exercises
James Arena, RPP, CPE, BA in Communications
This important session sheds new insight on the profound vision and philosophy behind Dr. Stone’s interpretation and realization of the teachings of ancient mysticism and its manifestation as the foundation of Polarity Therapy. We will see how Spiritual Energy is at the core of all of his Polarity teachings. In this class we will practice Polarenergetics Exercises and discover what true effects they have on the human psyche and physical body.

James has been a practitioner since 1979. He is on staff at Southwest Institute of the Healing Arts in Tempe, Arizona, the Life Energy Institute in Los Angeles, California, Promises Rehab, Malibu, California, and the Center for Energetic Studies, Berkeley, CA. James taught Dr. Stone’s Mystic Bible and Polarity Energetics at APTA’s 2012 International Polarity Conference in Albuquerque, New Mexico.

8:30 to 9:45 am - Polarity Bodywork to Open the Cranial System
Sharon Porter, RCST, RPE, SEP, STRP
In this presentation attendees will learn a toe rock Sharon developed on Polarity principles for head/neck/spine, ankle twirl for the diaphragm; Neck Diagonal work from the lateral cranial base to opposite upper lateral head; and how to rock the spine by pulling on one bent knee while seated on the floor. Attendees can compare cranial expression before and after and take home practical bodywork to apply clinically.

Sharon is a master bodyworker, trauma specialist, teacher of integrative energy systems work and Developer of Somatic Trauma Resolution.

10:00 to 11:00 am - Brunch

11:15 am to 12:30 pm - Dancing with Yang & Yin
John Chitty, RPP, BCST
This workshop will be half theory of Polarity Counseling and half demonstration of applications, particularly the two-chair method. The material in the course will reflect the contents of the new book, Dancing with Yang & Yin, and will give an overview of key chapters from the book. Attendees will gain an understanding of the value and theory of “Polarity Counseling” and introductions to methods for its use.

John is the owner of Colorado School of Energy Studies in Boulder, Colorado and has practiced Polarity Therapy since 1979. John served APTA as Board President from 1994 to 1999.

12:30 to 1:30 pm - Book Signing, Mingling and Snack

1:30 to 2:45 pm - Movement That Supports the Midline and the Bioelectric Field
Mary Louise Muller M.Ed., RPP, RCST and Cherionna Menzam-Sills PhD, OTR/L, RCST
This program is a journey of exploration into the midline and the bioelectric field. There will be a short video from Franklyn Sills describing the Primal Midline and the bioelectric field. Mary Louise will work with her version of Franklyn’s “three body chi gung” and share polarity yoga support for the midline. Cherionna will take us on a continuum journey in relationship to the midline during movement on Sunday.

Mary Louise has received awards for pioneering contributions in both the fields of Polarity Therapy and Biodynamic Craniosacral. She is co-author of Energy Exercises, international teacher and holistic practitioner.

Cherionna Menzam-Sills is both a BCTA/NA approved teacher and a movement teacher of the Continuum Method of Emile Conrad. Cherionna teaches internationally and often co-teaches with her husband Franklin Sills.

3:00 to 4:45 pm - Table Work

5:00 to 6:00 pm - Dinner

6:15 to 7:45 pm - BCTNA/NA General Membership Meeting

8:00 to 9:15 pm - Polarity Wellness Tarot
Miriam Jacobs, IPE, CMT, BFA, RPP, RPE
Today as Tarot continues to evolve, it has become a tool to help us gain clarity, and affirm one’s insight. The systems that underlie the Tarot and the Chakras are as universal as Polarity Therapy. In this workshop, you will learn the basic structure of classic Tarot. You will be shown how Polarity Wellness Tarot fits the elemental-based recommendations including where to focus attention, home practices, and meditations.

Miriam is the creator of the first somatic Tarot deck: Polarity Wellness Tarot and author of Tarot and the Chakras by Schiffer Publishing. She is a 1996 graduate of the RPP level training program in NYC with John Belieu. Miriam has taught APP classes and has a private practice in the San Francisco Bay area. She incorporates tarot into her bodywork sessions.
Sunday September 14th, 2014

Sunday Conference Presentations

7:00 to 8:00 am - Morning Movement and Meditation: Continuation of the Journey of Movement that Supports the Midline and the Bioelectric Field

Cherionna Menzam-Sills PhD, OTR/L RCST

This program is a journey of exploration into the midline and the bioelectric matrix. Cherionna will take us on a continuum journey in relationship to the midline.

Cherionna Menzam-Sills is both a BCTA/NA approved teacher and a movement teacher of the Continuum Method of Emile Conrad. Cherionna teaches internationally and often co-teaches with her husband Franklin Sills.

Special Note: If leaving Sunday, please plan to have room ready and bags packed, and to be out of the room by 1:00 pm.

8:30 to 9:15 am - Breakfast

9:30 to 9:45 am - Meet in Main Hall to learn Mt. Madonna Check-Out Procedures

9:45 to 11:00 am - The Original Blueprint and the Embryology of Erich Blechschmidt

Christopher Muller RCST, RPP, RPE

Participants will learn about metabolic fields as presented by Erich Blechschmidt and their role in forming the human body. We will then apply this knowledge to listening for the embryological impulse and the underlying intentions of the “original blueprint” in relationship to session work.

Christopher has taught Polarity Therapy for 35 years and Craniosacral Therapy for 22 years. Developer of the Swiss disarticulated skull and publisher of the books of Erich Belchschmidt, he teaches internationally.

11:15 am to 12:30 pm - The Rainbow Bridge: Dr. Randolph Stone

Kathleen Morrow RCST, RPP, LMT

Dr Stone was working with soldiers returning from WW II with severe brain dysfunction (seizures) and problems with digestion, pelvis/leg/spine boney structure, heart and lungs. He tracked it all to a locked Respiratory Diaphragm with its connection into fascial tracks of muscle and brain. He found that “shock” will cause us to “intake” suddenly... flattening the diaphragm. You will learn to use skills from Polarity and BCST to release the diaphragm and stabilize all of the above.

Kathleen is the director of the state approved School of Inner Health in Colorado. She has forty years of experience in various Holistic Therapies including: Biodynamic Craniosacral, Polarity, Lymphatic Drainage, Applied Kinesiology, Massage and Essential Oils.

12:15 to 12:30 pm - Mount Madonna Checkout

12:30 to 1:30 pm - Lunch

1:45 to 3:45 pm - Table Work

4:00 to 4:30 pm - Closing Circle

5:00 to 6:00 pm - Dinner
Sunday Evening, September 14th, 2014 to Tuesday Lunch, September 16th

Post-Conference Workshop - Hosted by BCTA/NA

With Gary Peterson

Beginning 6:30 pm Sunday and ending Noon Tuesday

Exact workshop hours to be announced

Sunday, September 14th

6:30 pm - Sourcefulness: The Power of the Neutral in Clinical Practice and Everyday Life

Gary Peterson RCST, Former Executive Director of APTA

Drs. Randolph Stone and William Sutherland both came to perceive and apply the power of the spirit in working with the most adverse health challenges. In this workshop we’ll learn some simple but powerful ways that Source/Consciousness is available as an unseen presence in all mind-body challenges, from the micro to the macro. You’ll explore Sourcefulness as the true neutral that generates transformation, the intersection where the universal meets the conditional.

Gary has 35 years of experience as a teacher, administrator and practitioner of Polarity and Biodynamic Craniosacral therapies. He is the former Executive director of APTA. Gary is the author of an upcoming book on stress and trauma: Settling. He works with stress and trauma in private practice, focusing on supporting moms and babies.

Monday, September 15th

7:00 to 8 am - Morning Movement and Meditation: Exquisite Tension & Trauma Releasing Exercises (TRE)

Sharon Porter RCST, RPE, SEP, STRP

Learn 6 yoga-type exercises that fatigue and stretch the leg, psoas, and pelvic muscles, followed by supine-exercise leg positions that connect the psoas to the brainstem in a way that safely discharges tension and trauma, usually without content.

Sharon has collected yoga and self-care exercises for 40 years and finds TRE to be the most effective she has used for safely pulling out trauma. She is certified by Dr. David Berceli, originator of TRE, to teach these exercises to individuals and groups. She has watched positive clinical effects on physiology and all levels of the human system in her clients including inner city 4th graders and adults with many emotional and physical conditions.

8:15 to 9:15 am - Breakfast

12:30 to 1:30 pm - Lunch

Post Conference continues with Sourcefulness: The Power of the Neutral in Clinical Practice and Everyday Life

Gary Peterson RCST, Former Executive Director of APTA

5:00 to 6:00 pm - Dinner

Tuesday, September 16th

8:15 to 9:15 am - Breakfast

Post Conference continues with Sourcefulness: The Power of the Neutral in Clinical Practice and Everyday Life

Gary Peterson RCST, Former Executive Director of APTA

12:30 to 1:00 pm - Lunch

Attendees must be prepared to leave the Center by 1 pm Tuesday.