

## **Renee Hella, RCST, CGP**

[renee@lumennatura.com](mailto:renee@lumennatura.com)

[www.lumennatura.com](http://www.lumennatura.com)

[www.somacom.ca](http://www.somacom.ca)

Year became RCST: 2003

Year became Approved BCTA/NA Teacher: 2016

Business Name: Institute of Somatic Communication

Primary Location: Lillooet, BC



**Biography:** Renee's original fascination with health began as a chef/anthropologist working with food and microbiome. Discovering Biodynamic Craniosacral Therapy in 2001, Renee loved the focus on health and respect for each person's Innate Wisdom that is the foundation of this modality. This resulted in a continuous process of deepening and grounding into her body.

Renee grew up in a remote village in Papua New Guinea, and has spent much of her life in different cultures. As a result, she learned how to listen somatically to people in a way that holds a deeply embodied presence with clients and students.

**Teaching Style:** Renee grew up in a big family with a variety of personality styles and has lived in many different cultures. As a result she has a unique ability to be present, accepting and understanding of all types of people. She loves diversity and learns as much from others as she shares with them.

**Foundation Training Program:** This is a day program. Twelve 4.5 day modules over a period of 24 months with approximately 2 months in between each module.

**Average Class Size:** 8

**Maximum Number of Students:** 14

**Teaching Staff to Student Ratio:** 1 to 5

**Related Courses:** Post grad BCST workshops in Working with the Microbiome

Sacred Pelvis - Female Organs, Creativity and Grounding.

Related courses in

Pre and Perinatal Psychology style Workshops which include:

- Repatterining Workshops (process workshops)

- Co-Resonance workshop
- Cord Dynamics workshop
- Grounding workshop

Culinary Therapy Workshops which include:

- Culinary Rituals - rituals of food growing and processing
- Nutritional and Microbiome support - workshops and ongoing group work.

**Tuition:** \$700 CAD per module, \$8,400 CAD for full training. We have payment plans, and work study/scholarships. We do not reimburse for classes attended.

Payment contract varies - Prices in CAD:

Pay per module - \$700/module

Pay per year - \$4000/year

Pay for full training - \$7500

Students pay even if not present for every day of the module. It is important students be present for the full module, if they can't make it the whole time, they need to do a tutorial to make up for the time missed and they will need to pay for that tutorial.

We are working on scholarships as well as grants to help with tuition.

If a student drops out of the training and has paid in advance we will reimburse except for admin fees and the modules they have been present for.

**Required activities/fees:** Students will also participate in student clinics, student clinics are low cost clinics and students will pay the RCST who is supporting them \$20-30/session depending on cost of clinic. Students are free to organize study sessions themselves and if they would like to bring in a tutor to support that they can negotiate with the tutor about a fee.

Students are required to receive 10 professional sessions from an RCST® outside of class for certification, cost determined by provider and is not included in tuition.

150 hours of practice sessions held outside of class.

A consistent 10 session case study is required.

A cranial nerve project is required.

**Support Materials:** Students will provide their own massage table and books. Cost of table is approximately \$150 and books approximately \$200 - \$400.

### **What distinguishes your classes...**

This training brings in an added dimension of being conscious of the environment that we are working in. I have developed a relationship with the local First Nations bands, in particular the Indigenous women, who have requested that I bring the BCST work to them. Because of the deep connection with this land which goes back at least 7,000 years this is an important thing to recognize. My own work has been working with deepening into my body. This is something that is very central to my approach. A deep focus on grounding and being more and more present and connected to our roots. In this training we endeavor to work with the cycles of nature and schedule our trainings around the full and new moons as well as the solstice, equinox etc. I find this brings in added potency and dimensions to the work. We also recognize and invoke the deep ancestral healing heritage, support of the grandmothers and grandfathers and other elements. I have an admin person who is also the person who brings this aspect of health, through the ritualized support of the land and ancestors of this area. In this training we also offer low cost tutorial clinics for Elders to help support the community further. I also bring into the training some aspects of the Pre and Perinatal work as well as my own deep knowledge of microbiome and importance of Culinary Therapy. This helps to provide additional resources to the students through developing grounding in their daily rituals of nourishing themselves and the self-care of these rituals. This training deeply supports multi-dimensional healing of the students, in turn this then supports students in developing their own professional practice.

The other very important aspect of this training is that it is people based and supportive. It is set up to be a support to the community, therefore an aspect of the training continually focuses on how to develop a solid practice and continues to support our graduates moving forward when they set up their own business. We help to support them in developing their websites, social media and other ways to promote their business, and provide ongoing practice clinics to support new practitioners deepen their new skills.