

Conference Workshops

The following two-day workshops are open to all:

An Embodied Approach to the Embryological Foundations of Movement
with **Bonnie Bainbridge Cohen** on May 30th - 31st 2011

In exploring embryological developmental processes we discover the primal roots of our structure, perception, responsiveness and presence. This workshop will be an experiential journey through our embryological development using movement, touch and dialogue. This will provide a doorway into finding our relationship with gravity, being and doing, the development of the front, middle and back bodies, a recognition of our uniqueness and shared commonality, the development of a calm, quiet and contained central axis, and fluid/membrane balance through all our cells and tissues.

Venue: Windsor Suite, Columbia Hotel, 95-99 Lancaster Gate, London W2 3NS
(Nearest tube: Lancaster Gate)

The Body Bears the Burden: Mind, Brain and Body in the Transformation of Trauma

with **Peter Levine** on June 1st - 2nd 2011

This workshop will explore how unresolved (traumatic) stress can be the underlying force that drives numerous clinical conditions. Participants will have the opportunity to learn skills and perceptions necessary to resolve traumatic symptoms through direct work with the body. These tools can be applied to various body-oriented psychological and medical practices.

Venue: Windsor Suite, Columbia Hotel, 95-99 Lancaster Gate, London W2 3NS
(Nearest tube: Lancaster Gate)

Energy Medicine, Frequency Medicine and Resonance: an Update on the Miracle of Resonant Interactions and Quantum Principles

with **Dr. James Oschman** on June 4th - 5th 2011

This workshop will provide a deeper appreciation of the roles of quantum principles in clinical practice. There will be an emphasis on the great sensitivity of living matter that allows for extremely subtle yet profoundly therapeutic interactions. In particular we will look below the miracle of resonant interactions to see how life and healing emerge from the energy and information residing in space. The aim is to increase your effectiveness as a therapist and to enhance your ability to communicate your work to patients and the general public seeking better outcomes.

Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
(Nearest tube: Highbury and Islington)

Cost of workshops: Each workshop costs £195 if payment is received by March 31st 2011, or £225 if payment is received after March 31st 2011. This includes teas and coffees during breaks (lunches are not provided).

TO MAKE A BOOKING OR FOR FURTHER DETAILS PLEASE CONTACT:

Peter Gill (Conference Administrator), 80 Turner Rd, London E17 3JQ, England

Tel: +44-(0)20-8521 0709 Email: info@breathoflifeconference.co.uk

Website: www.breathoflifeconference.co.uk

The Breath of Life CONFERENCE · LONDON

Saturday 28th & Sunday 29th May 2011
at The Brunei Gallery, Russell Square, London WC1

The Conference will explore key factors that organise how we function, beyond just the physical form. It is intended to provide a forum and meeting place for exchanging ideas at the cutting edge of holistic healthcare

The Breath of Life Conference is sponsored by:



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8.30 - 9.20: Registration

9.30: Welcome & Introduction
by Michael Kern/Jane Shaw

9.35 - 11.00: 'Healing Trauma: the Psycho-neurology of Stress, Mindfulness and Cranial Skills' by Franklyn Sills –



craniosacral therapist, psychotherapist, pioneer of biodynamic craniosacral therapy and author of *Craniosacral Biodynamics Vols. 1 & 2*, *Foundations in Craniosacral Biodynamics, Being and Becoming* and *The Polarity Process*.

11.00 - 11.30: Break

11.30 - 13.00: 'Energy Osteopathy' by Nicholas Handoll –



osteopath, co-founder of the Sutherland Cranial College, international teacher on osteopathic trainings, and author of *Osteopathy: Your Questions Answered* and *The Anatomy of Potency*.

13.00 - 14.45: Lunch

Conference Facilitators



Michael Kern – craniosacral therapist, osteopath, naturopath and course director of the Craniosacral Therapy Educational Trust in London, international teacher of biodynamic craniosacral therapy and osteopathy, and author of *Wisdom In The Body - The Craniosacral Approach To Essential Health*, now available in eight languages.

Jane Shaw – craniosacral therapist with a practice in London and tutor on practitioner trainings. She is a former director of a leading London PR Agency, specialising in high profile events, international brands, entertainment and media relations.



Between 14.10 - 14.40:
Chi Kung class with Fatima Da Silva.

14.45 - 16.15: 'Embodying Cellular Consciousness' by Bonnie Bainbridge Cohen –



innovator and developer of 'Body-Mind Centering', whose work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education and many other body-mind disciplines, and author of *Sensing, Feeling and Action*.

16.15 - 16.45: Break

16.45 - 18.15: 'The Breath of Life in Birth and Attachment' by Ray Castellino –



qualified as a chiropractor, craniosacral therapist and polarity therapist, eminent teacher of prenatal and birth therapy, clinical director of BEBA (a non-profit research clinic) and faculty member of the Santa Barbara Graduate Institute which offers masters and doctorates in both pre- and peri-natal psychology and somatic psychology.

18.15 Close

9.30: Opening by Jane Shaw/Michael Kern

9.30 - 11.00: 'From Quark to Quasar: the Natural Energy Systems Within and Around Us and their Therapeutic Significance' by James Oschman –



biologist, physicist, world authority on energy and complementary medicine and author of *Energy Medicine: The Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance*.

11.00 - 11.30: Break

11.30 - 13.00: 'Digging On... There Are Always More Potatoes: Stillness, Motion and the Spaces Between' by Susan Turner –



senior lecturer at the European School of Osteopathy and Sutherland Cranial College who studied with many close students of Dr. William Sutherland, she also has a background in transpersonal psychology and is a highly regarded teacher of clinical approaches developed by Dr. Sutherland.

13.00 - 14.30: Lunch

14.30 - 15.15: 'Birth' film followed by questions and answers with Frederick Leboyer – pioneer of the natural childbirth movement and author of *Birth Without Violence*, *Loving Hands*, *Art of Giving Birth* and *The Art of Breathing*.



15.15 - 15.30: Break

15.30 - 17.00: 'In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness' by Peter Levine –



pioneer of trauma therapy, founder of the Foundation for Human Enrichment, developer of 'Somatic-Experiencing' and author of the best-selling book *Waking The Tiger*, *Trauma Through a Child's Eyes*, *Healing Trauma* and *In An Unspoken Voice*.

17.15 - 17.30: Break

17.30 - 18.30: Panel Discussion with all the speakers

18.30: Close of Conference.

About the Conference

The Conference will explore the subtleties of working in the craniosacral and allied fields from differing perspectives. It will bring together practitioners of different training backgrounds in an informal environment and is open to all. Please note that the organisers reserve the right to change the Conference programme due to unforeseen circumstances.

COST OF THE CONFERENCE: £235 if payment is received by March 31st 2011, or £265 if payment is received after this date. This includes teas and coffees during breaks and admission to all lectures. Lunch costs an additional £18 per day - please note that this needs to be prepaid with your registration form. Bursaries may be available for those in need of assistance. Please contact the administrator if you wish to apply. Contributions towards the bursary fund are very gratefully received.

VENUE: The Brunei Gallery, School of Oriental and African Studies, 10 Thornhaugh Street, Russell Square, London WC1 0XG. Nearest tube: Russell Square.