

The Breath of Life

CONFERENCE · LONDON

Saturday 13th & Sunday 14th May 2017

at Regent's University, Inner Circle, Regent's Park, London NW1

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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PROMIS



www.breathoflifeconference.co.uk

PROGRAMME Saturday 13th May 2017

8.30 - 9.20: Registration

9.30: Welcome & Introduction
by **Michael Kern**

9.35 - 11.00: *Heart-Brain Dynamics And The Impact Of Self-Regulation On Health*



by **Dr. Rollin McCraty** – director of research at the HeartMath Institute, fellow of the American Institute of

Stress, co-author of *Heart Intelligence* and author of *The Coherent Heart* as well as numerous published research papers about the subtle physiology of the heart and emotion.

11.00 - 11.30: Break

11.30 - 13.00: *Finding The Health*



by **Robert Lever** – osteopath with over 40 years' experience, former lecturer at the European School of Osteopathy, recipient of Medal of Honour for services to osteopathic education, and author of *At The Still Point of the Turning World* and *Finding Health*.

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13.00 - 14.45: Lunch

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

14.45 - 16.15: *The Biology of Loss: What Happens When Attachments Are Impaired And How To Foster Resilience* by **Dr. Gabor Maté** – renowned speaker, teacher and clinician on addiction, stress and



childhood development, and author of *In The Realm Of Hungry Ghosts*, *When The Body Says No* and *Scattered Minds – The Origins and Healing of Attention Deficit Disorder*.

16.15 - 16.45: Break

16.45 - 18.00: *Little Women, Big Ideas*



by **Katherine Ukleja & Dr. Cherionna Menzam-Sills**

– therapists and international educators of Craniosacral Biodynamics, and 'grandes dames' in this field.



Cherionna also has a background in pre-natal psychology and Continuum Movement, and Katherine originally trained in osteopathy. With more than

half a century of joint experience they bring a profundity of understanding to the continual enquiry into the nature of Primary Respiration.

18.00: Close.

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 author of *Wisdom In The Body – The Craniosacral Approach To Essential Health*, now available in ten languages.

Jane Shaw – Craniosacral Therapist with a practice in Northern Ireland, runs her own workshops and retreats, and teaches Craniosacral Therapy practitioner trainings internationally. She is a current PhD student in Jungian and archetypal psychology at Pacifica Graduate Institute.



PROGRAMME Sunday 14th May 2017

9.30: Opening by Jane Shaw

9.30 - 11.00: *The Fourth Phase Of Water: A Central Role In Health* by Dr. Gerald Pollack –



professor at the University of Pennsylvania, founder of the Pollack Laboratory, pioneering researcher into the properties of biological water and author of *The Fourth Phase of Water; Cells, Gels and the Engines of Life* and *Muscles, Water and the Cell*.

11.00 - 11.30: Break

11.30 - 13.00: *The Multidimensional Wholeness Of Babies*



by Dr. Wendy Anne McCarty – former chair of Prenatal and Perinatal Psychology programmes at the Santa Barbara Graduate Institute and author of *Welcoming Consciousness: Supporting Babies' Wholeness from the Beginning of Life - An Integrated Model of Early Development* and 30+ publications.

13.00 - 14.45: Lunch

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

14.45 - 16.15: *Synchrony, Attunement And Self-Regulation: The Neurobiology Of Childhood Abuse And Neglect*



by Dr. Bessel van der Kolk – clinician, researcher and teacher in the area of post traumatic stress, and author of *Psychological Trauma, Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*, and the best-selling book *The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma*.

16.15 - 16.45: Break

16.45 - 18.00: Panel Discussion with all the speakers

18.00: Close of Conference.

About the Conference

The Conference will explore the subtleties of working in the craniosacral and allied fields from various significant 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: £265 if payment is received by March 15th 2017 or £285 if payment is received after this date. This includes teas and coffees during breaks and admission to all lectures. 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 gratefully received.

CONFERENCE AND WORKSHOPS VENUE: Tuke Hall, Regent's University, Inner Circle, Regent's Park, London NW1 4NS. Nearest tube: Baker Street. Various restaurants and cafés are available in the area for lunch.

CONFERENCE WORKSHOPS (Open to all)

Heart Rhythm Coherence: Practical Techniques And Technologies For Improved Self-regulation, Health & Cognitive Functioning with **Dr. Rollin McCraty** on **May 15th 2017**

Dr. McCraty will provide an overview of innovative research on heart rhythm coherence. You will learn practical skills designed to reduce stress, fatigue and overwhelm, as well as tools for increasing resilience and enhancing cognitive functions. The day will also include an in-depth discussion of the types of intuition, how the heart's magnetic field carries information that can be detected by animals and other people, and new data about how we are synchronized to the Earth's magnetic field.

Cost: £135/£155

Healing Traumatic Stress: Helping Mind, Brain & Body To Let Go Of The Past with **Dr. Bessel van der Kolk** on **May 16th-17th 2017**

The brain gets re-set in traumatized individuals, who then tend to organize much of their energy on not feeling and sensing their inner experience. This workshop will discuss the impact of trauma on the brain and you will learn how to bring parts of the brain online that are knocked out by hyper and hypo-arousal. We will explore 'bottom-up' processes that involve, touch, movement and breathing, as well as top-down processes that utilize mindfulness and interoception to help traumatized children and adults regulate their arousal and regain mastery over their own ships.

Cost: £250/£270

Trauma and Healing: An Exploration Of Mental Illness, Addiction and Disease with **Dr. Gabor Maté** on **May 18th-19th 2017**

This workshop will explore the traumatic basis of addiction, childhood developmental problems, mental illness and physical disease. It will illuminate these conditions not as separate diagnostic entities, but as bio-psychosocial phenomena, manifestations of the science-demonstrated unity of mind and body, and of our relationship with the social environment. You will learn how early experiences influence brain development and the conditions necessary for healthy functioning. You will also develop a sophisticated understanding of the nature of compassionate and science-based approaches to the healing of addictive tendencies.

Cost: £250/£270

The Transformative Power Of Feeling Safe: A Master Class On The Polyvagal Theory with **Dr. Stephen Porges** on **May 20th-21st 2017**

The neurophysiological processes associated with feeling safe are a pre-requisite for social behavior, and for accessing the higher brain structures that enable us to be creative as well as the lower brain structures involved in regulating health, growth, and restoration. The Polyvagal Theory explains how social behaviour turns off defences and promotes safety. It provides an innovative model to understand bodily responses to trauma and stress, and the importance of the client's physiological state in mediating recovery and healing. This workshop includes significant new and updated material for those working in the therapy, medical and caring professions.

Cost: £250/£270

Further information about the workshops is available at
www.breathoflifeconference.co.uk

Discounts: The lower 'early bird' costs apply if payment is received by March 15th 2017. Further discounts also apply if multiple events are booked at the same time (see booking form).

The Breath of Life

CONFERENCE AND WORKSHOPS BOOKING FORM

PLEASE USE CAPITAL LETTERS

TITLE..... FIRST NAME LAST NAME.....

ADDRESS.....

.....POSTCODE/ZIP.....COUNTRY.....

TEL..... EMAIL.....

PLEASE TICK THE RELEVANT BOXES:

- Please book me a place for the **Breath of Life Conference** on 13th and 14th May 2017 at a cost of £265/£285
- Please book me a place on the Post-Conference workshop with **Dr. Rollin McCraty** on May 15th 2017 at a cost of £135/£155
- Please book me a place on the Post-Conference workshop with **Dr. Bessel van der Kolk** on May 16th and 17th 2017 at a cost of £250/£270
- Please book me a place on the Post-Conference workshop with **Dr. Gabor Maté** on May 18th and 19th 2017 at a cost of £250/£270
- Please book me a place on the Post-Conference workshop with **Dr. Stephen Porges** on May 20th and 21st 2017 at a cost of £250/£270
- I would like to make a donation towards the Breath of Life Conference bursary fund: £.....

The following discounts apply if multiple events are booked at the same time, so please ensure that you correctly calculate these discounts when sending your remittance:

- 10% discount if 2 x events are booked 15% discount if 3 x events are booked
- 20% discount if 4 or 5 x events are booked

TOTAL £.....

I enclose a cheque payable to: **Breath of Life Conference**. Or, you may pay online on our website, or by bank transfer. To pay by bank transfer please contact the administrator for our bank account details and also return this completed form. Kindly note that we are unable to offer any refund for a cancellation of your booking.

For further details or to make a booking please send this form together with your payment to:

Conference Administrator,
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