



Integrated CranioSacral Biodynamics With Rosemary Wallace

16th – 21st July 2010 LEVEL ONE
24th – 29th Sept 2010 LEVEL TWO



Integrated CranioSacral Biodynamics



The practice and application of Integrated CranioSacral Biodynamics is to work with the underlying forces that govern how we function. The focus of a biodynamic approach is to cooperatively and respectfully 'employ' these organizing forces for both diagnosis and treatment. This has practical ramifications for the way in which diagnosis and treatment are carried out.

Integrated CranioSacral Biodynamics is a profound healing process which can influence the deeply held patterns of disease - both physical and psychological - which accumulate throughout life as a result of injury or illness and subsequently held in the body tissues, leading to ill-health and dysfunction. Applying the biodynamic approach has the potential to transform these patterns of restriction and resistance at a very fundamental level, thereby eliminating disease and restoring health.

The purpose of Integrated CranioSacral Biodynamic workshops is to offer to the student, a gentle and dynamic model for incorporation into their existing practice. To facilitate this process, the student will become familiar with the significance of integrated touch, through an understanding and an appreciation and practical application of the potential of palpation,. Participating student's attention will be directed to inquiry and practical sessions will be held. Study regarding the 'art of active listening' and to the integration of the Taoist principle of full and empty and of filling and emptying become an integral part of all the workshops presentations.



Course content

Balance - equilibrium in movement

Inner inquiry - personal inner journey

Listening - the art of active listening

Cranial Biodynamics - contacting the infinite subtleties of the flows, the waves, the rises and falls of bodily rhythms

Quantum Physics - every particle of matter is associated with interaction and resonance quanta ... exhibiting specific patterns susceptible to resonance

Cranial Bones - a detailed investigation into the relationship of 22 cranial bones

Touch - an inquiry in to how we touch

Anatomical components of the Cranial System - cerebral spinal fluid; meningeal membrane; structures related to production; resorption and containment of cerebral spinal fluid; meningeal membrane attachments

Intracranial Membrane Movement - the falx; the spinal canal; occipital cranial base; the sacrum

Reciprocal Tension Membrane System – horizontal; vertical; longitudinal aspects

Fascia - the diaphragms

Temporo Mandibular Joint - stress pain tension cycle; feedback loop

The Process; Evaluation - non-verbal dialogue with the inner wisdom of the body; blending with and facilitating the body on its journey to its place of harmony



Teacher

Rosemary



Sufficient to say, that rosemary has a passion to motivate, inspire, facilitate and teach workshops and offer individual sessions. Her facial expressions, unorthodox descriptions of bodily movements and the ability to almost never answer a question are renowned!

She has travelled the globe as an itinerant facilitator, sharing her deep and gentle knowledge of the fluid flows and tides within the systems of the body, to those who wish to listen and learn through inquiry – laughter is always an integral component of all presentations.

As a thanatologist, rosemary has been privileged to work in hospice environments and with individual families as they guide their loved ones in their final days of life. The application of CranioSacral biodynamics in this setting is profound.

Daily Schedule

06.30	Wake up gong
07.00 – 08.30	Meditation, Tai Chi, Yoga
08.30 – 10.00	Breakfast, swim
10.00 – 13.00	Workshop 1
13.00 – 15.00	Lunch, siesta
15.00 – 18.00	Workshop 2
18.00 – 19.00	Steam bath, free time
19.00 – 20.00	Dinner
20.00 – 21.00	Free time, discussions, chanting

THIS COURSE WILL BE 5 DAYS – Day 1 & 2 at Sunshine House, Day 3 at Hiliadou (a secluded beach in Evia for silent day/walking day), Day 3 & 4 back at Sunshine House

Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition,

Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine.

To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

Cost

The course costs 450 Euros all inclusive. A deposit of 200 Euros is required to reserve participation.

Contact

For more information see www.thaimassage.gr or email info@thaimassage.gr or join facebook group Sunshine House.

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