

Introductory Courses

Stillness Trainings is accredited by the Pacific Association of Craniosacral Therapists www.craniosacral.co.nz

We offer half-day or evening introductory lectures, two and a half to three-day workshops – “The Essentials of Craniosacral Therapy”, and a five-day training “Being, in Relationship.”

The Introductory seminars, workshops and lectures are open to all those who are interested in learning about this subtle, profound approach to healing.

If you are already involved in orthodox Medicine and Natural Health Therapies the introductory courses also provide an excellent opportunity for you to deepen your understanding and experience of subtle energy and to further develop subtle palpation skills that will enhance your existing practice.

The student requires no previous experience of anatomy, physiology, therapeutic understanding or practice. Participants are given all the information they need during the seminars.

The seminars are largely experiential, enabling each participant to get a felt sense of the way that they can listen, with greater awareness, to the stories the body wishes to tell and the resulting potential for self-healing.

‘Being in Relationship’ offers you not only a deeper insight into the history and practice of craniosacral therapy, applied anatomy, physiology and embryology, but also an in-depth experience of the biodynamic approach to therapeutic practice, to relationships, to your environment and to the art of presence in life.

Although ‘Being, in Relationship’ is a stand-alone seminar it is also the foundation course for the professional practitioner training, an excellent postgraduate course for craniosacral therapists, and it also meets the Craniosacral Therapy/fluid Tide requirements for the Castellino Prenatal and Birth training in the USA.

Practitioners have reported that the seminars have helped them build and expand upon their existing palpation skills, and to be more skilful in relation to client-practitioner boundaries.

Participants have noticed how the depth and breadth of awareness and listening, which develops particularly over the five days, deeply enhances their experience of stillness, the Tides and the information revealed by the body.

Many participants have found that the course has offered them an opportunity to experience and understand parts of their own process as well as personal healing and clarity in their life’s journey.

*"The seminar was completely wonderful.
I was very inspired by it.
The teaching was superb.
I continue to be deeply touched by the approach to body listening
that is contained."*

C. Pulvermacher. Newport NSW

Introductory Lecture

Many people want to know more about this fascinating work, why it works and what to expect. Although each lecture takes on a life of its own we aim to offer you:

- The opportunity to hear from graduates, students and patients about the work and their experiences.
- Answers to your questions.
- Time to enjoy self-discovery through guided meditation and practice.
- The opportunity to experience the subtle rhythms in your body.
- The opportunity to experience the basics of the approach and hand contact through the shoulders whilst sitting.

The Essentials of Craniosacral Therapy

This workshop offers you the opportunity to experience the profound effects of the integrative, biodynamic and resonant approach to craniosacral therapy.

During this fascinating and potent 2.5 – 3-day workshop you will explore, practice and discover the potential of craniosacral therapy, including:

- New ways to listen and be receptive.
- Skills of Being in Relationship, including Boundary skills and Resources in healing.
- Subtle palpation skills.
- The Cranial Concept.
- The Breath of Life.
- Tidal Rhythms in the Human System.
- Stillness as the heart of Cranial work.

Teaching is designed to develop your awareness of subtle energies and to deepen your understanding and experience of the work. It includes:

- Applied anatomy, physiology and embryology.
- Presentations.
- History overview.
- Guided meditations.
- Practical exercises.
- Self-discovery exercises.
- Hands-on work with other participants.

- A comprehensive course booklet is provided.

A student's testimonial:

Dear Terry and Tanya,

I would like to thank you both very much for guiding me on an extraordinary journey in one day - on your introductory course to cranio-sacral healing.

I enrolled on the course with a view to learning something that might benefit my family. Less than a week since the course, I have found the impact on myself, both physically and emotionally has been unexpectedly profound. I look forward to sharing the benefits with my family too.

I thank you both very sincerely for your exceptional commitment to sharing your knowledge, skills and experience with others. It is very clear that you do this through a very strong personal belief in the good that can be done through disseminating your work.

Many thanks and kind regards,

Anne Casey (2008)

Being, in Relationship

This course is ideal for all people with a keen interest to deeply explore the Breath of Life, the Three Tides, Stillness and a biodynamic and resonant way of Being in relationship with the human system, with yourself, with clients, family and friends (including animals).

Discover yourself, discover stillness at the heart of listening and the three Tidal rhythms, which are palpable at every level of Being.

Learn new ways to be present and in deep and delicate contact with others and the dynamics of the human system.

The seminar will cover all of the aspects of 'The Essentials of Craniosacral Therapy' workshop at a deeper level, including:

- Managing your own process.
- What is Being, in Relationship.
- Body awareness and orientation.
- Exercises for awareness.
- The breath.
- The hands.
- The energetics of relationship.
- History and development of the resonant and biodynamic approach to Craniosacral Therapy including Sutherland's story.
- The Primary Respiratory System.
- Awareness, Presence and Being.

- From awareness to presence.
- The first and second neutral.
- The cell and the Body of fluids.
- Being with the three Tides.
- Out of Stillness.
- Expansion or development of subtle palpation or touch, relationship and healthy boundary skills.
- Mobility and Motility.

Upon completion of the seminar you will have discovered and experienced:

- More about yourself and your way of being in relationship.
- Aspects of stillness and stillness in yourself at the heart of listening through the hands.
- The three Tidal rhythms.
- New ways to be present and in deep and delicate contact with others and the dynamics of the human system.

Stillness, Resonance and quiet Presence are all states of Being that you will experience as you begin to learn to become aware or palpate the three main Tides expressed by the body.

These tide-like rhythms are expressions of health, the first two being also Diagnostic as the body tells you its story. The third, called the Long Tide, can take you to a depth of stillness, a depth of being, in which you can become aware of what Dr Sutherland called the "Breath of Life". From the intricacies of the cell to the expansiveness of the universe, you can become Resonant with the interconnectedness of all things.

It is through these states of Being, in relationship, that the body is able to see itself, mirrored through the practitioners Reflective Listening and presence. At a cellular level, this becomes a place where the inherent Intelligence of the body can find its way to greater health – mental, emotional and physical. This is the foundation of the Biodynamic approach to Craniosacral Therapy.

The **Skills Section** within the seminar booklet forms part of the self-assessment process - useful for those who want to keep track of the work as it offers a reminder of the skills you have learnt and those skills you may want to practice and deepen.

For those continuing on to the practitioner training, the skills section forms the first part of the self-assessment process for homestudy.