



# The Breath of Life:

## An Introduction to Biodynamic Craniosacral Therapy with Cherionna Menzam, PhD, LMT, OTR/L, RCST

**Biodynamic Craniosacral Therapy** is a gentle, profound bodywork involving subtle fluctuations of fluid within the body. A mysterious force called the “Breath of Life” guides the work to enhance physical health, mental clarity, and emotional well-being.

This introductory seminar provides you with useful skills which can transform the way you work with clients and how you interact with anyone in your life. It is designed to give you an experience of the Biodynamic approach to Craniosacral Therapy so you can see if the full 10-module Practitioner Training is for you.



You will practice techniques to:

- Settle into STILLNESS and facilitate deep rest
- Establish safe, non-invasive PRESENCE
- Cultivate HEALTH instead of focusing on problems or pathology
- Perceive the WHOLE, rather than just parts
- RELAX and release tension from the nervous system
- Track the SUBTLE RHYTHMIC MOTION of the cerebrospinal fluid
- Work with the body’s INNATE INTELLIGENCE

**When:** Wednesday - Sunday, February 3 - 7; 9:00 am - 5:30 pm,

**Where:** Awakenings Wellness Center, 1016 SE 12thAve., Portland, OR 97214

**Cost:** \$650. Application with \$150 deposit required to reserve your spot.

Send to Wendy Hodsdon, [drwendy@portlandalternativemedicine.com](mailto:drwendy@portlandalternativemedicine.com)

or Portland Alternative Medicine, 4425 SW Corbett Ave., Portland, OR 97239

**Cherionna Menzam** has practiced Craniosacral Therapy since 1991 and is certified to teach by the BCTA/NA.\* Also an authorized Continuum teacher, she incorporates Continuum into her Biodynamic Craniosacral Therapy sessions and classes across North America. A therapist for over 30 years, she draws on her varied experience as Occupational Therapist, Intuitive Counselor, Massage Therapist, Dance/Movement Therapist, BodyMind Psychotherapist and Prenatal and Birth Therapist. Cherionna holds graduate degrees in Pre- and Perinatal Psychology and Somatic Psychology and has taught in both fields. She has a part time private practice in Nelson, Canada and Santa Monica, CA.



*Cherionna offers the wisdom born of her own deep healing journey and the playful creativity of one dedicated to the embodiment of our fluid nature.*

More details and application form available at [www.cherionna.com](http://www.cherionna.com)

For more information contact Wendy Hodsdon at [drwendy@portlandalternativemedicine.com](mailto:drwendy@portlandalternativemedicine.com) or 503-227-8700

\*Biodynamic Craniosacral Therapy Association of North America NEW 2.5 YEAR PORTLAND TRAINING STARTS NOVEMBER 2010!