

Biodynamic Craniosacral Therapy

5 - Day Introductory Intensive with Cherionna Menzam, Ph.D.

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

This Portland seminar is designed to give you an experience of the Biodynamic approach to Craniosacral Therapy and teach you useful skills that can transform the way you work with clients and with yourself.

**Biodynamic Craniosacral Therapy
Association of North America
New 2 -year Portland training starts
November 2010!*

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 the 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**

Spring workshop dates:

April 14 - 18, 2010

9:00 a.m. - 5:30 p.m. each day

\$650/Portland Workshop

CEU's available

For registration application/workshop information:
www.cranialtraining.com or contact **Wendy Hodsdon at 503-200-5995**
email: wendy@cranialtraining.com

Cherionna Menzam has practiced Craniosacral Therapy since 1991 and is certified to teach by the BCTA/NA.* A therapist for over 30 years, she has varied experience: 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 private practice in Nelson, Canada and Santa Monica, CA.

For more information about Dr. Menzam: www.cherionna.com

