

day	am	pm
one	<p>930am Welcome and course introduction</p> <p>Intentions of the course and aims of the seminar</p> <p>What happens when we touch?</p> <p>Ex. Being in touch</p> <p>1245-2pm Lunch</p>	<p>2pm Relational touch and neutral hands</p> <p>Exploring neutral listening through touch.</p> <p>What is craniosacral therapy? The biodynamic model</p> <p>Ex. Perceptual fields and primary respiration</p> <p>Finish 530pm</p>

There are supporting articles for this seminar on the download page:

<http://bit.ly/bi-sem-1-download>

What this seminar is about

- The phenomenon of touch. In particular the natural processes that take place when we touch with an inclusive and non-interfering contact.
- How listening and presence can bring about dynamic change to higher states of health.
- How stillness is a natural mechanism that comes about through craniosacral touch.
- Starting to recognize underlying subtle biodynamic forces within the body anatomy and physiology.

Key skills from this seminar

- Establishing a state of balanced awareness and practitioner fulcrums
- Being able to achieve a settled state within your own system
- Negotiating the contact space with your client
- Being able to sit back and listen to how your client's system is
- Establishing a clear relational field
- Noticing expressions of primary respiration in your own body and others
- Recognizing stillness in yourself and others
- Inviting systemic stillness in your client's system
- Offering a wide perceptual field