

The Breath of Life

CONFERENCE · LONDON

Saturday 25th & Sunday 26th May 2013
at The Brunei Gallery, Russell Square, London WC1

The Conference will explore key factors that organise how we function, beyond just the physical form. It is intended to provide a forum and meeting place for exchanging ideas at the cutting edge of holistic healthcare



**The Breath of Life
Conference is sponsored by:**



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Association UK**

www.breathoflifeconference.co.uk

PROGRAMME Saturday 25th May 2013

8.30 - 9.20: Registration

9.30: Welcome & Introduction
by Michael Kern

9.35 - 11.00: *The Biodynamic Heart - Inside and Out*
by **Dr. Michael Shea** -



leading teacher of
Biodynamic Craniosacral
Therapy, and author of
Somatic Psychology and

Biodynamic Craniosacral Therapy Vols. 1, 2, 3, 4 and 5.

11.00 - 11.30: Break

11.30 - 13.00: *Trauma and Spirituality: A Marriage of Body and Spirit*
by **Dr. Peter Levine** -



pioneer of trauma therapy,
developer of 'Somatic
Experiencing' and author of

the best-selling books *Waking The Tiger*
and *In An Unspoken Voice*.

13.00 - 14.45: Lunch

Between 14.10 - 14.40: Chi Kung class
with **Fatima Da Silva**.

14.45 - 16.15: *Fluid Resonance ...The Future of the Body*
by **Emilie Conrad** -



visionary developer of
Continuum Movement,
author of *Life on Land* and
award-winning pioneer in the fields of
movement education and somatics.

16.15 - 16.45: Break

16.45 - 18.15: *The Bond: A New Blueprint for Living a More Connected Life*
by **Lynne McTaggart** -



one of the preeminent
spokespersons on
consciousness, new physics
and the science of spirituality. She is an
award-winning journalist and author of
six books, including the bestsellers
The Intention Experiment, *The Field*, *What Doctors Don't Tell You* and *The Bond*.

18.15 Close

Conference Facilitators



Michael Kern – Craniosacral Therapist, Osteopath, Naturopath and course director of the Craniosacral Therapy Educational Trust in London, international teacher of Biodynamic Craniosacral Therapy and Osteopathy, and author of *Wisdom In The Body - The Craniosacral Approach To Essential Health*, now available in ten languages.

Jane Shaw – Craniosacral Therapist with a practice in Ireland and tutor on practitioner training courses. She is a former director of a leading London PR Agency, specialising in high profile events, international brands, entertainment and media relations.



PROGRAMME Sunday 26th May 2013

9.30: Opening by Jane Shaw

9.30 - 11.00: *A Neural Love Code* by Dr. Stephen Porges -



researcher in behavioural neuroscience, author of *The Polyvagal Theory* and former professor of psychiatry whose ground-breaking discoveries give new insights into the functioning of the autonomic nervous system.

11.00 - 11.30: Break

11.30 - 13.00: *Full Body Presence: Activating and Refining the Exquisite Navigational System of the Body* by Suzanne Scurlock-Durana -



Craniosacral Therapist, international teacher for the Upledger Institute, faculty member of the Esalen Institute, developer of the 'Healing From the Core' programme and author of *Full Body Presence: Learning to Listen to Your Body's Wisdom*.

About the Conference

The Conference will explore the subtleties of working in the craniosacral and allied fields from differing perspectives. It will bring together practitioners of different training backgrounds in an informal environment and is open to all. Please note that the organisers reserve the right to change the Conference programme due to unforeseen circumstances.

COST OF THE CONFERENCE: £255 if payment is received by March 31st 2013, or £275 if payment is received after this date. This includes teas and coffees during breaks and admission to all lectures. Lunch costs an additional £19 per day - please note that this needs to be prepaid with your registration form. Bursaries may be available for those in need of assistance. Please contact the administrator if you wish to apply. Contributions towards the bursary fund are very gratefully received.

VENUE: The Brunei Gallery, School of Oriental and African Studies, 10 Thornhaugh St, Russell Square, London WC1 0XG. Nearest tube: Russell Square.

13.00 - 14.45: Lunch

Between 14.10 - 14.40: Chi Kung class with Fatima Da Silva.

14.45 - 16.15: *The Mindful Therapist: Harnessing the Power of Mindsight and Neural Integration*



by Dr. Daniel Siegel -

professor of psychiatry, pioneer of interpersonal neurobiology and author of *The Developing Mind*, *The Mindful Therapist* and *Mindsight: The New Science of Personal Transformation*.

16.15 - 16.45: Break

16.45 - 18.00: Panel Discussion with all the speakers

18.00: Close of Conference.

CONFERENCE WORKSHOPS - Open to all

Clinical Applications of the Polyvagal Theory - The Transformative Power of Feeling Safe with **Dr. Stephen Porges** on **May 27th 2013**

This workshop will explore the adaptive function of stress reactions as an important support to various treatment modalities. The workshop will emphasize the role of our nervous systems in interpreting risk or danger through "neuroception" and how the stresses and challenges of life can distort social awareness and produce defensive reactions. This will inform the therapist how to observe neuroception and will provide an understanding of the adaptive psychological, behavioural and health consequences of the Polyvagal Theory. It will also demonstrate how therapeutic approaches can best promote a sense of safety resulting in improved mental and physical health.

Cost: £130/£150

Emotional Self-Regulation, the Body and Change - Working with Difficult Feelings with **Dr. Peter Levine** on **May 28th - May 29th 2013**

Therapists and body-workers may think they are supposed to avoid emotions, whilst others may have been trained to "go after them - to get them out". However, helping clients to access and learn from their natural emotions can be an important part of good depth therapy and an enhancement to life. Participants of this workshop will learn a theoretical framework to understand the psycho-biological and experiential underpinnings of emotion, the basis of emotional memories and emotional self-regulation. The workshop will offer practical tools to identify which emotional systems are operative and skills to promote maximized integration and wholeness.

Cost: £230/£250

Frontiers of Health with **Emilie Conrad** on **May 31st - June 2nd 2013**

The basis of 'Continuum' is to realize through personal experience that our bodies are an extension of billions of years of planetary development. This workshop will allow participants to enter into the play of life in order to inhabit the language of this extraordinary nourishment through its movement. Beginning with cellular movement, primordial and beyond, the universe communicates to us through its moving expression. The workshop will enable participants to discover the diaphragmatic spiral of timeless breath, the revelation of vocal sound streams, the cosmic antennae of the spine and most of all the claiming of our birthright as a living intelligence.

Cost: £355/£375

The lower 'early bird' costs apply if payment is received by March 31st 2013. The costs include teas and coffees during breaks (lunches are not provided).

WORKSHOPS VENUE: The Rembrandt Hotel, 11 Thurloe Place, London SW7 2RS. Nearest tube: South Kensington.

TO MAKE A BOOKING OR FOR FURTHER DETAILS PLEASE CONTACT:

Peter Gill (Conference Administrator), 35 Peghouse Close, Stroud, Gloucestershire GL5 1UP, England

Tel: +44-(0)1453-298859 **Email:** info@breathoflifeconference.co.uk

Website: www.breathoflifeconference.co.uk

The Breath of Life

CONFERENCE AND WORKSHOPS BOOKING FORM



PLEASE USE CAPITAL LETTERS

TITLE..... FIRST NAME..... LAST NAME.....

ADDRESS.....

POSTCODE/ZIP..... COUNTRY.....

TEL..... EMAIL.....

Please tick relevant boxes:

☐ Please book me a place for Breath of Life Conference
on **25th/26th May 2013** at £255/£275: £.....

☐ Please book me lunch at the Breath of Life Conference
on **May 25th** ☐ **May 26th** ☐ at £19 per day: £.....

Please indicate: Vegetarian ☐ Non-Vegetarian ☐

☐ I would like to make a donation towards
the **Breath of Life Conference bursary fund:** £.....

☐ Please book me a place on the workshop with
Dr. Stephen Porges on **May 27th 2013** at £130/£150: £.....

☐ Please book me a place on the workshop with
Dr. Peter Levine on **May 28th - 29th 2013** at £230/£250: £.....

☐ Please book me a place on the workshop with
Dr. Emilie Conrad on **May 31st - June 2nd 2013** at £355/£375: £.....

I enclose a cheque payable to: **Breath of Life Conference.** **TOTAL £.....**

To pay by bank transfer please contact our administrator for our bank account details and also return this completed form. Kindly note that we are unable to offer any refund for a cancellation of your booking.

Please send this form together with your payment to:

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