

Settling
Touch
And
Resource



An Introduction to

March 20-21

WORKING WITH BABIES

A Biodynamic Approach to Resolving Prenatal,

Birth and Early Neonatal Challenges

INSTITUTE presents

For moms, dads, birthworkers, bodyworkers & anyone who supports babies & their families.

To register, contact:

Elizabeth Gupta: eafrancisgupta@hotmail.com
or (614) 506-2777

Embodied Consciousness

Anyone who works with babies can testify to the incredible rewards that are interwoven with equal parts mystery and uncertainty. From the beginning, babies are so conscious and have so much to teach us, but can we learn from them? Can we slow ourselves down to match their pacing, respect their need for containment and safety, and learn to listen to their story as it is expressed in the unique language of body sensations, vocal tones and facial expressions? When we can, babies are quick to show us the imprints of their early experience, relieved to have these imprints recognized, and happy to let them go in an atmosphere of safe and slow sequential process.

Biodynamic Skills – Experiential Learning

This Intro to Working with Babies teaches you unique skills and awarenesses to help babies and their families resolve traumas and overwhelms from prenatal, birth and early neonatal experiences. You'll experience these basic elements of the Biodynamic approach:

Inherent Health ••• The Wholistic Shift
The 3 Tides ••• Levels of Stillness

You'll learn and practice these skills

The Skill of Being: Becoming settled, present, body-centered, and grounded in your own Inherent Health.

The Skill of Relationship: Remaining aware of your own Inherent Health and reflecting it to the baby and her family.

The Skill of Titration: Using your own settledness and pacing to help the baby and her family downshift their nervous systems to resolve prenatal, birth and early neonatal issues.

with Gary Peterson, RCST •• Columbus location TBA

March 20 from 10 am to 5 pm - \$100

March 21 from 10 am to 2 pm - \$65

Both days - \$135

March 20

Morning settling exercise

Introduction to Biodynamic Skills

Over-view of Biodynamic approach with babies
and their families

Demo session with mom & baby

Session de-brief plus Q & A

March 21

Morning settling exercise

Biodynamic skills for babies & families, continued

Demo session with mom & baby

Session de-brief plus Q & A

Gary Peterson

is a Registered Craniosacral Therapist who has taught and practiced energy therapies for 30 years. He teaches Biodynamic Craniosacral Therapy trainings around the United States, as well as trainings in trauma resolution, birth imprinting and Settling®, his own nervous system approach. Gary studied Biodynamic Craniosacral Therapy with renowned teacher and author, Franklyn Sills, and is an approved teacher with the Biodynamic Craniosacral Therapy Association of North America.



Gary also studied Prenatal and Birth Therapy with Dr. Ray Castellino and works with babies, children and adults in private practice. His work is inspired by his strong desire to understand and work with the deep causes of suffering found in shock and trauma to the nervous system. In 2007 Gary founded The STAR Institute to help people everywhere develop simple skills to settle their nervous systems.

Gary's first book, to be published in 2010, is entitled *Settling: Simple Ways to Calm Your Nervous System.*

This self-help manual gives everyone a simple set of skills for regulating their nervous system and finding balance and relaxation. Gary and his wife Bonnie have 3 grown children and live in Longmont, CO.