

May 4, 2015 Live Interview with Q&A Noon, PST
Suzanne Scurlock-Durana CMT, CST-D
CranioSacral Presence For Success with Stress

- 1. Ever wonder how to make a safe, healing connection with someone who has experienced a trauma that is still with them?*
- 2. Did you know that certain skills help you develop your therapeutic presence for working better with stressful situations?*
- 3. Do you know how to utilize your presence to work more successfully with clients with overly sensitive nervous systems?*

Join Suzanne Scurlock-Durana as she discusses the principles of building your CST presence so that you can successfully hold space for - and help down-regulate the nervous systems of - those under stress or who have experienced some kind of trauma. She will outline how to move beyond using only your hands-on work as your primary tool, and how to add your full body presence, which not only is essential to help trauma survivors experience a sense of well-being and safety, but also provides comprehensive results.

About Suzanne Scurlock-Durana, CMT, CST-D

For more than twenty-five years Suzanne has taught and mentored in the area of conscious awareness and its relationship to healing, leadership and coaching. She has developed a uniquely creative approach to energy, presence, grounding and integrative exercises taught beautifully in the Healing From the Core program, which includes a six-level training series and a complementary audio series. She is passionate about teaching people practical skills that allow them to feel the joy of being present in each moment of their lives, without burning out. To that end, she is the noted author of the book and companion audio Full-Body Presence: Learning to Listen to Your Body's Wisdom, and is working on a highly anticipated second book, which delves deeper into the intelligence of the human body.

Since 1986 she has been a certified instructor of CranioSacral Therapy and SomatoEmotional Release with The Upledger Institute, teaching both nationally and internationally. She is also on the faculty at The Esalen Institute, and provides ongoing staff development training there. For almost two decades, Suzanne collaborated annually with Emilie Conrad, integrating Continuum movement and healing presence.

A sought-after speaker, Suzanne inspires healthcare practitioners, coaches, leaders, teachers and care-givers all over the world to stay energized using her life-changing tools for stress management and full-body presence. She also has authored numerous articles, and thousands visit her popular blog, Presence Matters: Reflections on Body, Mind and Spirit. She has a private practice in Reston, Virginia where her clients also benefit from the techniques she teaches.

Known for her honest, grounded, nurturing manner, Suzanne assists others in going to the heart of their healing process. She is adept at weaving together mind, body, and spirit to create a unique environment where profound healing can occur. To

accomplish this, she draws on her wealth of experience as a professional, teacher and therapist, a wife and mother, and generously shares from all areas of her life.

BONUS Session: May 18, 2015 (Pre-recorded interview)

David Meggyesy

Supporting the Professional Athlete with CST

David Meggyesy is a former seven-year NFL linebacker with the St. Louis Cardinals. Meggyesy authored *Out of Their League*, his best-selling football autobiography which was included in *Sports Illustrated's* 100 best sports books ever written. Meggyesy co-founded the Esalen Sports Center, and for four years taught a seminar, Sports, Consciousness and Social Change, at Stanford University for Stanford University football players. For the past 25 years he served as Western Regional Director of the National Football League Players Association (NFLPA), the NFL players' labor union, and is Board President of Athletes United for Peace.

Meggyesy has been an advocate for change in professional and college revenue sports. He has written extensively on issues regarding sport and society, and sport and human potential, including articles for *The New York Times*, *USA Today*, *Heartland Journal*, *San Francisco Chronicle*, and *Los Angeles Times*, among others. Meggyesy has been featured on ESPN, CBS Sports, HBO Sports and numerous radio interviews, print media and webcasts. He was a contributor in Sports, Energy, and Consciousness: Awakening Human Potential through Sports.

June 1, 2015 Live Interview with Q&A Noon, PST

Tim Hutton LMP, CST-D

Palpating and Treating the Immune System Using CST

- 1. Interested in how to palpate and interact with the immune system?*
- 2. Did you know it behaves differently than other tissues in the body?*
- 3. Ever wonder how to map and treat inflammation directly?*

Join Tim Hutton as he discusses how the immune system moves in response to the CranioSacral rhythm. He will help us understand how this system of the body – a loosely distributed network of cells and molecules – behaves differently than other tissues and what that means exactly for us as CranioSacral therapists. He will shine the light on how to palpate and interact with the system as a whole, as well as how to map and treat inflammation directly.

To wrap things up, we are going to ask him to talk about several of the brand new more specialized immune classes that are currently being developed. This is an interview not to be missed!

About Tim Hutton PhD, LMP, CST- D

With a background in science and a Ph.D in Physics, Tim Hutton first encountered CranioSacral Therapy after experiencing personal health challenges of his own.

Intrigued about its effectiveness, he became inspired to learn more, and ultimately followed his passion to become a CranioSacral Therapist in 1994.

As an Instructor for the Upledger Institute, Tim teaches a variety of courses in CranioSacral Therapy. He also serves as the UI ombudsman for both the CS Immune Response (CSIR) curriculum and Clinical Applications. As ombudsman for CSIR, Tim is in the process of developing an innovative series of four upper-level classes on how to recognize and treat chronic inflammation in various major parts of the body: thorax, abdomen, pelvis, and extremities. Additionally, Tim enjoys his private practice at the Natural Health Clinic in Bellingham, Washington.

BONUS Session: June 15, 2015 (Pre-recorded interview)

Stephen Porges Ph.D

Polyvagal Theory and How It Applies to CST

Stephen W. Porges is a Professor in the Department of Psychiatry at the University of North Carolina in Chapel Hill, North Carolina. Prior to moving to North Carolina, Professor Porges directed the Brain-Body Center in the Department of Psychiatry at the University of Illinois at Chicago, where he also held appointments in the Departments of Psychology, BioEngineering, and the Program in Neurosience. In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the autonomic nervous system to the emergence of social behavior. The theory provides insights into the mechanisms mediating symptoms observed in several behavioral, psychiatric, and physical disorders. The theory has stimulated research and treatments that emphasize the importance of physiological state and behavioral regulation in the expression of several psychiatric disorders including autism and provides a theoretical perspective to study and to treat stress and trauma.

July 6, 2015 Live Interview with Q&A Noon, PST

Michael Morgan LMT, CST-D

CST for Alzheimer's and Dementia

- 1. Want to know some simple protocols for reducing brain inflammation?*
- 2. Ever wonder what you already know that could help your loved ones who are exhibiting dementia?*
- 3. Would you like to understand the connection between brain inflammation and Alzheimer's?*

Join us as we interview Michael Morgan on the issues facing so many American families today and what we as CST practitioners can do to help. He will outline the basic anatomy of Alzheimer's and dementia, and how inflammation and cerebrospinal fluid interact as we age to create vulnerability to brain dysfunctions. He has promised to share some early research results using some of the most basic CranioSacral techniques to effect significant change and improve the quality of life of nine elderly dementia patients.

To wrap up he will tell us just a bit about his new online course to train therapists to be specialists in treating the elderly.

About Michael Morgan LMT, CST-D

Michael Morgan is passionate about transforming senior healthcare and providing viable alternatives to improve the quality of life during the Golden Years. Part of his powerful and multidisciplinary approach includes an introduction to CranioSacral Therapy for the prevention and treatment of Alzheimer's Disease and Dementia.

An Upledger Institute Instructor of CranioSacral Therapy since 1998, Michael teaches CST 1, CST 2, and clinical applications. He developed a four-day advanced level class for therapists titled CranioSacral Therapy for Longevity- Reversal of the Aging Process (CSLPAP). To continue his passion and serving seniors, Michael is currently developing a beginning level class in the extension of longevity (CSLAP) and prevention of Alzheimer's and Dementia (CSLAD).

In 2014 Michael published *The Body Energy Longevity Prescription-How CranioSacral Therapy Helps Prevent Alzheimer's and Dementia While Improving Your Quality of Life*. He also produced a 60-minute documentary, *Your Health the Nation and the Senior Healthcare System*.

BONUS Session: July 20, 2015 (Pre-recorded interview)

Eric Moya CST-D, MS/MFCT

Upledger CST Mentorship Program

Eric Moya is a manual therapist with great interest in the mind/body connection and human flourishing. With an educational background in massage therapy, mental health counseling, group facilitation, and an amateur passion in philosophy, he loves to question what we already know and help develop new concepts and understandings.

His particular interests include concepts of emergence, systems, and complexity, which have also led into a passion for helping develop healthy community. Eric has taught CranioSacral Therapy for the Upledger Institute since 2000, and continues to teach multiple classes in the curriculum, including his newly developed CST Chronic Depletion curriculum. He is also the project lead/ombudsperson for the IAHE CST mentorship program.

Previously, Eric was Director of Education at the Esalen Institute in Big Sur, California. Currently, Eric resides in Monterey, California and has professional offices in Carmel and San Francisco, California.

Aug. 3, 2015 Live Interview with Q&A Noon, PST

Tad Wanveer LMBT, CST-D

Glia: Brain Mysteries Revealed

- 1. What are glia, where are they, and what do they do?*
- 2. Are glial cells involved in brain function?*
- 3. Is it important to work with glia during a craniosacral therapy (CST) session?*
- 4. In your clinical practice, when will glial cell treatment facilitate client correction?*

Join Tad Wanveer as he helps us uncover the secrets of glia. He will discuss how glial cells are essential partners of neurons in nearly every aspect of central nervous system (CNS) development, function, homeostasis, and healing. Tad will talk about his model of how CST biomechanically reaches into the depths of the brain and spinal cord, which he calls the pia-glial interface. He will also describe how glial cells produce cerebrospinal fluid (CSF) and regulate the flow of CSF throughout the entire CNS. He will share some tips on how to work with the glia during a CST session.

To wrap up, he will give us the highlights of his course, CranioSacral Therapy Touching The Brain 1. Stimulating Self-Correction Through The Glial Interface.

Tad's book will be published May 1, 2015: Brain Stars. Glia Illuminating Craniosacral Therapy.

About Tad Wanveer LMBT, CST-D

As a passionate advocate of CranioSacral Therapy, Tad Wanveer has been specializing in this technique since 1983. He brings his passion to teach as a certified Upledger Institute Instructor, and previously served as an Upledger Institute Clinic staff therapist from 2001-2006.

Recognized for developing CranioSacral Therapy Touching The Brain 1. Stimulating Self-Correction Through The Glial Interface (CTTB1), Tad has been published in several reputable periodicals and has illustrated various works written by John E. Upledger, DO, OMM. Tad is also the creator of In Motion: An Animated Exploration Of The Craniosacral Rhythm.

Tad has written a number of articles on CST for Massage Today and Massage Magazine, including his most recent featured cover story, How CranioSacral Therapy May Contribute to Brain Health, Massage Magazine, September 2014. This cover story is also accompanied by 6 Ways CranioSacral Therapy Facilitates Brain Health. Author and illustrator of his widely anticipated book, Brain Stars: Glia Illuminating CranioSacral Therapy, Tad continues to share his research and knowledge about brain health. He currently enjoys his private CranioSacral Therapy practice in Cary, North Carolina.

BONUS Session: Aug. 17, 2015 (Pre-recorded interview)

Scarlett Lewis and Dana Liesegang Healing through Trauma with CST

In October 1990, Dana Liesegang, "strong, happy-go-lucky, 19," and newly-enlisted in the U.S. Navy, left ship to mail a letter to her sweetheart back home. On the return walk to post, a young, male diver from a neighboring ship offered her a ride. The 5'3" young woman who boasted a 155 lb. bench press, believed she could take care of herself. What she knew about herself proved her fathers words to be true "Dana Leigh, you are too macho for your own good" . That fateful night of October 25th 1990 a young man of 18 violently attacked, raped, and thrust her off the 75-foot high Sunset Cliffs that night. She awoke from an 18-hour coma, in a hospital paralyzed from the neck down with several internal injuries and a severe head injury. This was just the beginning of the most difficult and rewarding journey she

was about to embark on. Twenty three years later she is still working on leaving her wheelchair behind. She has the ability to walk with the aid of a walker or crutches.

Now a retired, Disabled United States Veteran, Dana lives to help others overcome their own challenges in life with leading by example.

Dana is recovering from the impossible as she continues to heal from a severe brain and spinal cord injury.

Scarlett Lewis, mother of Jesse Lewis and founder of The Jesse Lewis Choose Love Foundation, graduated from Boston University with a B.S. in Communications in 1990. She began her career at the Greenwich Times Newspaper in Greenwich, Connecticut as an editorial assistant and freelance writer. She worked at Greenwich Capital Markets in the Municipal Arbitrage department, eventually moving to NW Arkansas and joining Llama Company, an investment banking firm owned by Alice Walton (Walmart) trading bonds and doing investment banking. She moved back to Connecticut to join OptiMark, a revolutionary start-up trading software company. Afterwards she joined a real estate company and got her real estate license. When she became a parent for the first time, Scarlett wrote and published a children's book, Rose's Foal. An artist and avid horsewoman, Scarlett lives on a small horse farm in Connecticut with her son and animals.

Sept. 7, 2015 Live Interview with Q&A Noon, PST

Avadhan Larson CST-D

Dialoguing With the Brain Through CST

- 1. Ever wonder what brain structures are involved when you get stressed out or anxious?*
- 2. Would you like to know how to connect and dialogue with these structures to calm the nervous system?*
- 3. Do you understand the how simple CST ten step techniques can improve brain integration?*

Join Avadhan Larson as she demystifies that process of dialoguing with the brain and optimizing nervous system function in the process. The dance between energetic, emotional and structural issues come together in the Brain Speaks curricula. Avadhan will discuss the highlights of this work and give you some tips to take back to your practice today.

About Avadhan Larson, CST-D

As an international CranioSacral Therapy Instructor with the Upledger Institute, Avadhan Larson holds an array of credentials: Upledger Diplomate Certified CranioSacral Therapist, Upledger Certified CranioSacral Therapy Instructor and Certified Upledger Certification Examiner. Adding to her resume includes complementary credentials: Registered CranioSacral Therapist (RCST®, Biodynamic method), Certified Somatic Experiencing Practitioner (SEP), Certified Homeopath (IFH); Graduate of Ray Castellino's Birth Process Training; Licensed Acupuncturist, (L.Ac.), Montana; Diplomate of Acupuncture (NCCAOM).

She feels blessed to be able to do the work she loves: in her private practice with her clients, using CranioSacral Therapy, Somatic Experiencing and Castellino Birth Process Therapy; and on the road working as a Certified Upledger CranioSacral Therapy Instructor, teaching CranioSacral Therapy I & II, SomatoEmotional Release I, and CST for Pediatrics to health professionals internationally. Avadhan is also a passionate Tai Chi player, knitter and dancer, too!

BONUS Session: Sept. 21, 2015 (Pre-recorded interview)

Thomas Ramussen Ph.D., CST

Brain Research: Application in CST

Thomas has a Ph.D. degree in medical science and has worked with medical science and evidence based medicine since 1994. Thomas has been a leading scientist publishing many studies in international journals. Thomas owns a private clinical practice that addresses a broad spectrum of needs using Barral's and Upledger's modalities.

Oct. 5, 2015 Live Interview with Q&A Noon, PST

Carol McLellan CST-D

CST for Conception, Pregnancy and Delivery

- 1. Ever wondered about "conscious birthing" – from conception to delivery?*
- 2. Curious about how CST can facilitate a healthy, optimal delivery?*
- 3. Would you like to hear more about the research going on world wide on this topic?*

Join Carol McLellan as she shares from her wealth of experience and knowledge in the conception, pregnancy and delivery process. She has many fun stories that will warm your heart around this often mysterious and over-medicalized process. From how to consciously conceive all the way to optimizing the delivery process for your clients, no matter what their birth choices may be – Carol has helped change the current paradigm and introduce CST where it is needed most – at the beginning of human life.

To wrap up she will share about the new certification process for CST therapists in this arena and the highlights of the courses in this curriculum.

About Carol McLellan CST-D

Carol McLellan has a 30-year background in health education and bodywork. Over 25 of those years have focused on CranioSacral Therapy. With a background as a Doula (labor coach), Doula Educator, and Childbirth Educator, she spent a number of years working and teaching at a hospital and an OB-GYN medical office.

Invited by Dr. Upledger to develop the CranioSacral Therapy curriculum specifically for Conception, Pregnancy, and Birth, Carol also remains Ombudsman. Additionally, She helped facilitate Bio Aquatic Discoveries for Pediatrics. As a certified

CranioSacral Therapy instructor for The Upledger Institute International, she teaches both nationally and internationally, specializing in Pediatrics.

Her CranioSacral Therapy teaching also spans across hospitals and multiple medical facilities as well as the American College of Midwives National Conference. Carol was able to facilitate two intensives for Warrior Stress at Naval Air Station in Lemoore, California.

Carol is the owner of a wellness center in Visalia, California, and a member of the Board of Governors of San Joaquin Valley College. With three grown children, all received the benefit of CST their entire lives. Two of her children received their first CST treatment in utero - the optimum way to start life!

BONUS Session: Oct. 19, 2015 (Pre-recorded interview)

Anita Moorjani

Healing With CST after Near-Death Experience

Anita Moorjani was born in Singapore of Indian parents, moved to Hong Kong at the age of two, and has lived in Hong Kong most of her life. Because of her background and British education, she is multilingual and grew up speaking English, Cantonese, and an Indian dialect simultaneously; she later learned French at school. Anita had been working in the corporate world for many years before being diagnosed with cancer in April 2002. Her fascinating and moving near-death experience in early 2006 tremendously changed her perspective on life, and her work is now ingrained with the depths and insights she gained while in the other realm.

As a result of her near-death experience, Anita is often invited to speak at conferences and events around the globe to share her insights. She is also a frequent guest at The University of Hong Kong's department of behavioral sciences, speaking on topics such as dealing with terminal illness, facing death, and the psychology of spiritual beliefs. She is the embodiment of the truth that we all have the inner power and wisdom to overcome even life's most adverse situations, as she's the living proof of this possibility. Anita currently lives in Hong Kong with her husband, and when she's not traveling and speaking at conferences, she works as an intercultural consultant for multinational corporations based in the city.

Nov. 2, 2015 Live Interview with Q&A Noon, PST

Rebecca Flowers OTR, CSP, CST-D

CST for the Pediatric Population

- 1. What is the main reason to treat the pediatric population?*
- 2. Ever wonder what kinds of issues a pediatric CST therapist works with?*
- 3. Want to know the primary differences between CST for pediatrics and CST for adults?*

Join Rebecca Flowers as she shares from her three decades of experiences in treating children and babies. She utilizes CST, with Sensory Integration therapy as well as many other complementary approaches. She promises to share some of her

most unusual treatments as well as what can be expected when you learn to treat infants and children. Her tips are time tested and we are looking forward to all that she has to share with us!

To wrap up she will answer all of our questions about the pediatric curriculum.

About Rebecca Flowers OTR, CSP, CST-D

With over 20 years of experience in occupational therapy, CranioSacral Therapy and Sensory Integration, Rebecca Flowers teaches a number of Upledger Institute workshops, including CranioSacral Therapy I and Clinical Application of CranioSacral Therapy and SomatoEmotional Release classes focusing on pediatrics and adults. Widely considered an expert in her field, she teaches nationally on a wide range of subjects, and she has published articles on CranioSacral Therapy as well as Sensory Integration

Rebecca has advanced training in CranioSacral Therapy and Visceral Manipulation. In addition, she has studied Lymph Drainage Therapy, Therapeutic Listening (an auditory training program), and has extensive training in Healing Touch, Esoteric Healing, Neurodevelopmental Treatment Techniques and Myofascial Release.

Along with her clinical practice focusing on adults and children, Rebecca is actively involved in clinical outcome studies and research. She directs The Upledger Institute's pediatric curriculum and instructors worldwide, and she is an examiner for the CranioSacral Therapy Certification program.

BONUS Session: November 16, 2015 (Pre-recorded interview)

Markus Koch CMT, CST

Personal Perspective: Upledger Institute & Ricky Williams Concussion Pilot Program

Markus Koch comes from a blue-collar background and has always enjoyed hands-on work. In 1982 he received an athletic scholarship to play football and attended Boise State University. In 1986, he was drafted by the Washington Redskins with the 30th overall pick. He had a six-year career in the National Football League with Washington ('86 - '91) and was part of two Superbowl Championship teams.

After retiring from professional football in 1991, Markus worked as a carpenter and boat builder in Port Townsend, Washington. As the fallout from numerous football injuries set in, including a lumbar spinal fracture and numerous concussions, Markus became very interested in alternative medicine, meditation and yoga, which all played critical roles in his recovery process. He chose these modalities because he wanted to actively participate in his own wellbeing. His experiences of healing and transformation, without invasive surgeries or the long-term use of pharmaceuticals inspired him to explore further. Markus became qualified as a licensed health care professional in 2012 and he is now a practicing CranioSacral Therapist.

Markus is passionate about helping others find empowering ways to work with difficult physical, emotional and mental conditions. His experiences with the

Upledger Institute have inspired him to help identify and network with other organizations interested in effective, low cost, sustainable health care.

Markus currently lives in Chelsea, Michigan with his wife Amy. In addition to his healthcare practice, his other interests include sailing, surfing, woodworking, writing and fine art."

Dec. 7, 2015 Live Interview with Q&A Noon, PST
Eric Moya CST-D, MS/MFCT
Treating Chronic Depletion Using CST

- 1. Want to know how to return from chronic depletion using CST?*
- 2. Ever wondered how CST can help clients build their resilience?*
- 3. What is relationship between health and resilience?*

Eric Moya will join us for a rich discussion about listening to the body in new ways - teaching us how to uncover chronic depletion and talking about how to find our back to resilience and health. Eric will talk about how CranioSacral therapy is uniquely qualified to treat this issue, as well as giving us some tips to take back to our practice right away.

To wrap up he has promised to give us the high lights of his new course, CST Working With Chronic Depletion.

About Eric Moya CST-D, MS/MFCT

Eric Moya is a manual therapist with great interest in the mind/body connection and human flourishing. With an educational background in massage therapy, mental health counseling, group facilitation, and an amateur passion in philosophy, he loves to question what we already know and help develop new concepts and understandings.

His particular interests include concepts of emergence, systems, and complexity, which have also led into a passion for helping develop healthy community. Eric has taught CranioSacral Therapy for the Upledger Institute since 2000, and continues to teach multiple classes in the curriculum, including his newly developed CST Chronic Depletion curriculum. He is also the project lead/ombudsperson for the IAHE CST mentorship program.

Previously, Eric was Director of Education at the Esalen Institute in Big Sur, California. Currently, Eric resides in Monterey, California and has professional offices in Carmel and San Francisco, California.

BONUS Session: December 21, 2015 (Pre-recorded interview)

Chris Slate CST-D

Healing with CranioSacral and Dolphins

Christopher Slate is a Diplomate certified CranioSacral Therapist, and practitioner of sound healing and integrative body therapies for over twenty five years. He maintains a practice at Esalen Institute in Big Sur, California, and his hometown of Truth or Consequences, New Mexico.

For eight years, Christopher was a team therapist in the Upledger Institute and Integrative Intentions Dolphin Assisted Therapy Programs in the Bahamas. In 2006, he was introduced to two dolphins living in captivity on a remote island off the coast of South America. He spent the next seven years visiting them, making the trek back and forth from California. During these visits, he spent hours a day, alone with the dolphins, swimming, playing, meditating, making music and falling in love.

Since the dolphins recent passing, Christopher has dedicated his life to honoring their memory, and the deep, profound beauty they brought into his life.

Jan. 4, 2016 Live Interview with Q&A Noon, PST

Robyn Scherr CMT, CST-D

How to Be Successful in Your CST Business

- 1. Ever thought about what business success means to you?*
- 2. Want to know how to promote in a way that eliminates the traditional idea of competition?*
- 3. Do you use good business hygiene?*

Join us as Robyn Scherr talks about how successful businesses don't happen by chance: they're built and maintained with purpose. Tune in to learn specific steps you can take for a business that supports and sustains you, no matter where you are in your practice (self-employed therapists have both a practice and a business, and each needs attention). She'll cover basic questions such as how much to charge, all the way to the five stages of business, and why it's important to know where you stand in every aspect of your business.

To wrap up she will let us know what to look for in a business coach, and how to reach her for further consultation!

About Robyn Scherr CMT CST-D

Robyn Scherr firmly believes that neither CranioSacral Therapy nor having a successful practice needs to be mysterious: we simply need to be clear about what it is we're up to!

Robyn transitioned from health education and technical writing to massage therapy in 1999, and CST in 2001. With the help of a wise coach, she became completely self-supporting within six months. Realizing the same skills we bring to the table can be

used to build financially successful practices, she went on to empower others by teaching business basics.

Diplomate certified and a certified mentor, Robyn is dedicated to making CST understandable, in plain language, to ourselves as therapists and to our clients. She's written on therapeutic neutrality, and the distinctions between applying protocols and practicing therapy for *Massage & Bodywork* magazine, and was editor of Kate Mackinnon's book, *From My Hands and Heart*. She's also written nine short lines expressing the essence of CST that have been shared widely on social media.

Feb. 1, 2016 Live Interview with Q&A Noon, PST

Ken Koles Ph.D., D.Sc., L.Ac.

Where CST and Acupuncture Meet

- 1. What acupuncture points should every CST therapist know to open the thoracic inlet?*
- 2. Want to know what acupuncture points melt belly fat?*
- 3. Curious about what acupuncture points help resolve over-thinking?*
- 4. Ever wonder what CST and Acupuncture have in common?*

Join us as Ken Koles shares some of the gems from his 40+ years as an acupuncturist and CranioSacral therapist. Drawing from his popular, long standing CST course, *Unwinding Meridians*, he will share some of his most unusual sessions as well as the most common things he treats using CST and acupuncture. Tune in to enjoy his humor and wisdom!

About Kenneth R. Koles Ph.D., D.Sc., L.Ac.

Kenneth R. Koles has been a practitioner and instructor of the healing, martial and esoteric arts for over 40 years. For over 30 years, his focus has been the confluence of Chinese Medicine and CranioSacral Therapy. From these years of working with various "Bone Doctors" and Dr. John E. Upledger D.O., he created *Unwinding the Meridians* as a hands-on, energetic and kinesthetic approach to interact with the points and meridians of acupuncture in both a local and long distant way. This enables practitioners to carry on a conversation with the wisdom of the body [Po,Zhi,Yi,Hun and Shen] creating health, wellness and life improvements.

Ken maintains a family practice in Shaker Heights, Ohio, and teaches *Unwinding the Meridians* internationally for the Upledger Institute. His path is optimizing the physical, mental, emotional and subtle realms for health, longevity, wisdom and infinite good looks. As an accomplished author, Ken has written *Unwinding the Meridians of Acupuncture I,II and III* in addition to numerous articles on health and wellness.

March 7, 2016 Live Interview with Q&A Noon, PST
Meghan McGrath CMT, CECP
Helping Your Clients Maximize Their Funds In Order to Receive CranioSacral Treatments

- 1. What are FSAs and HSAs and who might have one?*
- 2. How can clients work with the system for long term CST care?*
- 3. What are some of the tax benefits that may be available to your clients who are on a healing journey with you using CST?*

Join us as Meghan shares her story of chronic pain from childhood, which led her to CST. She will unfold how she developed a strong core network of healthcare practitioners who helped her shift from focusing on symptom relief to deep healing. CranioSacral therapy was the key that opened the door to that healing. It was her financial struggles, personal healing journey, and corporate experience in healthcare that gave her the tools to figure out how best to maximize available funds in order to afford all the non-covered treatments needed. She will share all of this with us and more!

About Meghan McGrath CMT, CECP

Before entering the world of CranioSacral Therapy, Meghan worked in the claims side of healthcare for 11 years. From early childhood, she had a life of chronic pain, which led to an ever-expanding inventory of diagnoses, each with lists of medication, suggestions, and restrictions. As soon as one diagnosis was resolved or became manageable, new symptoms began.

After she put everything she had into her health, things began to change. Developing a strong core network of healthcare and healing arts practitioners, she also shifted her internal focus from symptom relief to healing. She discovered how to listen to her body's inner wisdom, which led to dramatic, positive changes in her health. With the help of amazing and talented people, she no longer saw pain as something to numb or mute, but as a signal from her body. CranioSacral Therapy was the key that opened the door to healing. It was her financial struggles, personal healing journey, and corporate experience in healthcare that gave her the tools to figure out how best to maximize available funds in order to afford all the non-covered treatments needed, which ultimately helped her heal.

Meghan holds a Master's Degree in Communication Studies and is a Certified Massage Therapist in Sacramento, California since 2013.

April 4, 2016 Live Interview with Q&A Noon, PST
John Matthew Upledger, President and CEO of Upledger Institute International
Holding the Vision and Making the Business Work

- 1. Ever wonder where John Matthew Upledger finds his inspiration for what he has created in the Upledger Institute?*
- 2. Have a question about specific issues you want to ask him?*
- 3. Want to hear where he sees things going in the next decade?*

Join us for this final interview in our year of connection with each other as we honor John Matthew Upledger by hearing how he sees the world through the eyes of CST in 10-20 years. Be inspired. Join us for a fabulous time.

About John Matthew Upledger, President and CEO of Upledger Institute International

John Matthew Upledger, holds the position of President and CEO of Upledger Institute International. John Matthew has been actively engaged in all aspects of The Upledger Institute - from education to clinical services. His strict adherence to delivering high quality continuing education has solidly positioned Upledger as the leading provider in manual therapy education.

John Matthew Upledger also has been largely credited with expanding the Institute's teachings worldwide. To date over 100,000 healthcare practitioners residing in more than 100 countries have received Upledger CranioSacral Therapy training. Workshops are held in over 400 cities, in more than 60 countries. The popularity of Upledger's CranioSacral Therapy curriculum stems from its comprehensive instruction, wide variety of related courses including more than 40 unique course titles, and a Certification program that is recognized globally.