



AUTUMN WORKSHOP & AGM

Date	Sunday 14th November 2021
Course Presenter	Tracy Evans RCST, BCST, ABD
Title	Dancing with the Sphenoid
Location	Room L5 British College of Osteopathic Medicine, Lief House, 3 Sumpter Close, Finchley Road, London NW3 5HR
Registration	09:30 for 10.00 to 17.00
AGM	13:00
	6 hours CPD Certificated, open to all practitioner
Lunch	Provided – please let us know your dietary requirements
Telephone	07929 731862
email	enquiries@icra-uk.org
Book online	https://www.icra-uk.org/
Course fee:	£80 for ICRA members
	£55 for students
	£105 for non-members

**COVID-19*

WORKSHOP WILL BE HELD VIA ZOOM IF RESTRICTIONS ARE IN PLACE

Dancing With the Sphenoid

With Tracy Evans RCST, BCST, ABD

The sphenoid bone has always fascinated me. From its incredible shape and form to the wonderment of the space it holds right there in the middle of our noggin!

Within our cranial trainings we can often get drawn into the nuances of the mechanics, looking at the sphenoid through the lens of strains, torsions, and mechanical shapes.

But how is it to sit with this bone and feel its presence. The sense of the person and their story all held within the space of the sphenoid. The keystone of the cranium, the sphenoid can also reflect our emotional and spiritual selves; the essence of us and our beliefs.

During this one-day exploration, we will review the anatomy and embryology of the sphenoid. Explore ways to sit in presence with its space, and through stillness, learn to follow and appreciate the 'Dance'.

“At the still point, there the dance is..... except for the point, the still point, there would be no dance, and there is only the dance”

Quote from: *Burnt Norton - Four Quarters* by T.S. Eliot



Tracy Evans is a Biodynamic Craniosacral Therapist and an international teacher of Biodynamic Craniosacral Therapy.

Tracy taught at the Craniosacral Therapy Educational Trust, London, for 15 years.

She was Clinic Director of the Trust's teaching clinic for over 10 years, then took over the running of the school as Course Director. She resigned from this post in early 2021.

She is a Senior Tutor on practitioner trainings at the European Centre of Therapy in Poland and the Shanghai Dingcheng Culture Communications Centre in China. She also teaches post graduate courses in the USA.

Tracy brings a simple clarity to her teaching along with a great sense of humour and artful storytelling.

Tracy is also an accredited supervisor with the Craniosacral Therapy Association (CSTA), providing supervision for all complementary health practitioners. She works at the Surrey Injury Clinic in Horley, Surrey; where she has run a busy practice since 2004.

She is a member of the Complementary and Natural Healthcare Council (CNHC), the Craniosacral Therapy Association (CSTA) and is registered with the International Association of Biodynamic Trainings (IABT) with an Advanced Biodynamic Diploma (ABD). She adheres to all the Codes of Ethics and Standards of Practice as laid out by these organisations. www.tracy-evans.co.uk

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