



International **Cranial Association**

Date	05th October 2019
Course Presenter	Katherine Ukleja
Title	THE VOICE and THE HYOID
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 6 hours CPD Certificated, open to all practitioner
Lunch	Provided
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Book online	https://www.icra-uk.org/
Course fee:	£80 for ICRA members; £55 for students; £105 for non-members

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Katherine Ukleja - Biography

I have been a practitioner for 35 years and one of a small band of leading international teachers of Craniosacral Therapy for the past 25 years, spreading the biodynamic model across Europe, the US and Australasia. I have a long association with a number of the leading IABT* schools including, Karuna Institute, UK, Da-Sein Institute, Switzerland, Body Intelligence, International and CTET, UK

My entrée into the field of manual medicine was via massage and osteopathy. But it was Craniosacral Therapy that beguiled me. Here was a model that encompassed the physical, emotional, psychological and spiritual aspects of the human condition. In the early 1990's, it was my good fortune to pursue the study of craniosacral therapy under the inspiration guidance of Franklyn Sills at the Karuna Institute.

Since then I have dedicated my work life to this exceptional healing modality. While many of my contemporaries have gone wider and increased their therapeutic range with other approaches, I have stayed put and gone deeper into the scope/potential of the Craniosacral Biodynamics.

As my understanding of this powerful healing art deepens my passion and esteem for it grows, I am able to bring ever-greater clarity and accessibility to my teaching and insight to my treatment of people with diverse and complex conditions. I am continually awed by the simplicity and eloquence of Primary Respiration.

* The International Affiliation of Biodynamic Trainings

THE VOICE and THE HYOID

The voice reveals our emotions. The sounds of anguish and despair or of triumph and joy are universally understood and compelling. The tone of voice tells us more than the words that are spoken; it is primal, animal – a key component of the Social Nervous System.



In this clinical focus day, we will explore the larynx – the mechanism and psychology of voice production. Can we speak up for ourselves, be heard? Are we silenced by fear or emboldened by rage?

The hyoid bone, which forms from two pharyngeal folds in the embryo is the anchor of the tongue. It is a central anatomical component of the throat, a solid strut in its tensegrity structure and the root of many muscles. In practice we often feel that the head is cut off from the rest of the body, representing a loss of connection between our instinctual gut brain and our rational head brain and between our ability to act and to feel. Intimate work with the hyoid is vital for resolving throat inertia to help ‘reconnect the head to the body’.

