

# D Y N A M I C   S T I L L N E S S

**Biodynamic Cranial Touch Initiatory Course Returns to Norwich**  
**November 29 - December 1, 2019 ~ Friday 10-6, Saturday 9-6, Sunday 9-5**



**Biodynamic Cranial Touch (BCT) "Stillness Touch"** uses simple hands-on contact to restore the body's natural state of wisdom and harmony. Open to anyone called to the transmission offered here, craniosacral practitioners and non-practitioners alike as well as practitioners of somatic, psychotherapeutic, yoga and movement modalities. Most important is your integrity, an openness to let go of what you already know, and a willingness to let yourself be informed by, and touch from stillness. This class has value as a stand-alone as well as being a required prerequisite for the BCT/Stillness Touch Mentor Course.

**BCT Stillness Practices** focus on practitioner development, trusting the wisdom of the forces that create, maintain, heal, and evolve us, as bodies of consciousness and Love.

## **This workshop covers:**

- BCT history, and current evolution of the practice
- Inner-body stillness practices and meditations
- Recognize subtleties of inner flow as states of consciousness unfolding
- Heart-centered whole-body felt sense awareness uniting all senses into one that guides your sessions
- How to practice BCT for the evolution of consciousness – for yourself and for your clients and how this differs from treatment models designed for relief of symptoms
- Discover where experiences fit on the classical biodynamic tidal map based on the sensual qualities
- characterized by direct body-felt language
- The mapless journey of BCT inside Pure Breath of Love



**Giorgia Milne** brings a rare quality of presence that is heartfelt, spirit-filled, and deeply intelligent. Her openness, sensitivity and integrity create an atmosphere of respect, trust, and safety. She embodies 30 years integration of medical, spiritual, Indigenous Wisdom Ways, meditation, inquiry, movement, sacred bodywork, and cranial practices. She has taught worldwide for 18 years.

**Cost \$600USD · Deposit \$200 to reserve your seat · Half price for repeat attendance**

**For local logistics contact: Jane Nunn · +44 (0)7762-335-357 · [stillnesstouch@gmail.com](mailto:stillnesstouch@gmail.com)**

**To register/pay directly to Giorgia Milne for this course: [www.touchofpresence.com/reg-pay-giorgia](http://www.touchofpresence.com/reg-pay-giorgia)**

**Venue: Inner Space · Maude Gray Court · St. Benedicts Street · Norwich NR2 4PA · United Kingdom**

**To view Giorgia's complete course offerings visit: [www.touchofpresence.com/courses-schedule](http://www.touchofpresence.com/courses-schedule)**