



# Biodynamic Craniosacral Therapy (BCST)

Foundation Training (738 hours)

**DIPLOMA**

October 2024 - March 2026 | Mumbai - India

Facilitated by: Zia Nath

Global Majority Mentorship Program (GMMP) of the Biodynamic Craniosacral  
Therapy Association of North America (BCTA/ NA) - [www.craniosacraltherapy.org](http://www.craniosacraltherapy.org)

## **Biodynamic Craniosacral Therapy (BCST) is a fine art of healing.**

It is non-invasive, deeply supportive, respectful of client's boundaries, safe and addresses a wide range of health conditions. There are almost no contraindications to this work and can be received by all individuals.

Due to its gentle nature, it is also received effectively by birthing mums, infants, the elderly and individuals in palliative care.

In recent years, BCST is fast growing as a popular therapeutic choice for many individuals choosing a safe, non-invasive, holistic health care practice.

**With cutting edge research on the human physiology and the science of therapeutics, BCST teachers and practitioners bring the best benefits to their client's health requirements.**

**Originated by American Osteopath Dr William Garner Sutherland** in the early 1900's, this therapeutic approach is now available internationally and integrated by trauma specialists, paramedical therapists, and alternate and complimentary practitioners.

## **PREREQUISITES**

### **Who can do this training?**

- All individuals + 21 yrs
- Educational qualifications: Graduate degree (in any field)
- Familiar with the practice of BCST (minimum 3 therapy sessions received by an RCST ® practitioner).
- Interest in non-invasive holistic health care using gentle hands on physical touch.
- Maintain a regular self-care practice, including mental, emotional, psychological support for self-regulation and embodiment.
- Enjoy learning about the functioning of our human body, its anatomy and physiology, the human design in health and healing.

### **Minimal Anatomy Understanding:**

Most applicants must have a basic understanding of anatomical reference points that health practitioners already have a familiarity with from health care practices and other courses in their curriculum. All other cases may be approved upon discussion and equivalences. Introductory & review classes will be offered prior to the first module to cover this material.

### **COMPLIMENTARY OFFER:**

**FREE WEBINARS – Introduction to BCST & the Diploma Training**

**Wed**  
7<sup>th</sup> Aug  
6:30 – 8:00 pm

**Wed**  
21<sup>st</sup> Aug  
6:30 – 8:00 pm

**Wed**  
11<sup>th</sup> Sep  
6:30 – 8:00 pm

**REGISTER**  
**FOR**  
**FREE**  
**WEBINAR**

### **Interview:**

An interview with Zia Nath will be necessary either in person or on Zoom prior to registration.

**REGISTER FOR TRAINING**

# CURRICULUM & SCHEDULE

Curriculum based on Heart Waves Institute <https://www.heartwaveshealing.com/bcst-details>

## STRUCTURE OF MODULES

12 modules of 5 days each

Monday to Friday 10 am – 5 pm	Mondays are <b>ONLINE</b> Tuesdays– Fridays are <b>IN – PERSON</b>
Supervised Clinic 4 hours of clinical practice for Modules 4 – 11	Every Saturday 10 am - 2pm, end of the module.

### 2024

MODULE	DATE & TIME
<b>1</b> Safety, Sensing & Sentience	<b>OCTOBER</b> ONLINE: Mon 21st Oct IN PERSON: Tue 22nd – Fri 25th Oct
<b>2</b> Presence, Pacing & Patterns	<b>DECEMBER</b> ONLINE: Mon 2nd Dec IN PERSON: Tue 3rd – Fri 6th Dec
<b>3</b> Fulcrums Fields & Fluids	<b>JANUARY</b> ONLINE: Mon 27th Jan IN PERSON: Tue 28th – Fri 31st Jan
<b>4</b> Stillness, Strains & States of Balance	<b>APRIL</b> ONLINE: Mon 7th April IN PERSON: Tue 8th – Fri 11th Apr

### 2025

MODULE	DATE & TIME
<b>5</b> Vault Bones, Base Bone, Pelvic Bones	<b>MAY</b> ONLINE: Mon 5th May IN PERSON: Tue 6th – Fri 9th May
<b>6</b> Architecture, Assessment & Ancillary Patterns	<b>JULY</b> ONLINE: Mon 28th July IN PERSON: Tue 29th July – Fri 1st Aug
<b>7</b> Midlines, Motions & Membranes	<b>SEPTEMBER</b> ONLINE: Mon 15th Sep IN PERSON: Tue 16th – Fri 19th Sep
<b>8</b> Spine, Stability & Spaces	<b>NOVEMBER</b> ONLINE: Mon 10th Nov IN PERSON: Tue 11th – Fri 14th Nov
<b>9</b> Verbal Skills, Vectors & Viscerocranium	<b>DECEMBER</b> ONLINE: Mon 15th Dec IN PERSON: Tue 16th - Fri 19th Dec

### 2026

MODULE	DATE & TIME
<b>10</b> Ontogeny, Organs & Obstetrics	<b>JANUARY</b> ONLINE: Mon 12th Jan IN PERSON: Tue 13th - Fri 16th Jan
<b>11</b> Ignition, Integration & Individuation	<b>FEBRUARY</b> ONLINE: Mon 9th Feb IN PERSON: Tue 10th - Fri 13th Feb
<b>12</b> Exams Practical & Written + Presentations & Graduation	<b>MARCH</b> ONLINE: Mon 23th Mar IN PERSON: Tue 24th - Fri 27th Mar

- **Case Study** (before Module 9)
- **Midterm Practical** (before module 10)
- **Graduation:** Case Study and Cranial Nerve Projects are presented by students (module 12)

# TRAINING STRUCTURE

## TOTAL 738 HOURS DIPLOMA COURSE



### 388 Hours Tuition

#### 288 hours in-person class

This is a carefully layered presentation of material and supervised practice of BCST skills given over 11 seminars of 4 days each + 4 days for graduation week.

#### 32 hours in supervised clinic

4 hours of clinical practice prior to each class after module 3.

#### 68 hours online class

Working online allows both for greater schedule flexibility for students as well as allowing the information to be slowly offered so that it is more digestible. The practice of this work from a distance is also very helpful in supporting the students to cultivate their skills of perception.

### 350 Hours Self Study, Practice & Projects

#### 150 hours home practicum

Between seminars students, practice skills learned with people other than classmates. These are unpaid sessions and the clients are informed that the practitioner is in training. These sessions are written up and turned in to the teaching team for review.

#### 150 hours home study

Reading of texts in the fields of BCST, cranial osteopathy, trauma resolution, anatomy and pre- and perinatal development. Drawing and modeling of anatomical structures will be practiced.

#### 20 hours independent projects

**Cranial Nerve project** : for the project students work to understand the 12 cranial nerves, their location in the body, the symptoms caused when they are impinged upon and how to identify when they are involved. This independent project is presented at graduation.

#### 20 hours - Case Study

A Case Study is begun approximately half way through the training. Each student records the progress of their case study client and writes a written report on the study as well as doing a verbal presentation in module 11. Additionally, each student will keep a case study on one of their practice clients over the course of the training.

#### 10 hours

Sessions received – Receive 10 sessions from an RCST practitioner, one before each module.

#### Final exam

This is an open book exam given in seminar 12.



## FEES

### Full Price Per Module

<b>TOTAL COST OF TRAINING for 12 MODULES</b>	<b>Rs. 4,00,800/-</b>
Cost per module	Rs. 33,400 /-

### Discounted Full Price For All Modules

<b>Discounted price for 12 modules IF paid together</b>	<b>Rs. 3,60,000/-</b>
Cost per module	Rs. 30,000/-
<b>Additional 5% Early Bird Discount if paid by 20th Sept 2024</b>	<b>TOTAL COST: Rs. 3,42,000/-</b>

### Pay in 4 Installments

INSTALLMENT	TOTAL Rs. 3,84,000/-
<b>1</b> 20th Sept 2024 Modules 1, 2, 3	Rs. 96,000/-
<b>2</b> 1st March 2025 Modules 4, 5, 6	Rs. 96,000/-
<b>3</b> 5th Aug 2025 Modules 7, 8, 9	Rs. 96,000/-
<b>4</b> 1st Dec 2025 Modules 10, 11, 12	Rs. 96,000/-
<b>Pay Installment 4 by 1st Dec 2025 – receive additional 10% discount</b>	<b>(Rs. 86,400) Total: 3,74,700/-</b>

# ABOUT THE FACILITATOR

## ZIA NATH



### As a teacher:

In the experience of teaching, Zia has assisted ICSB - Switzerland in BCST Foundation Trainings, while also hosting the trainings in Mumbai, India (2013-2016). She is a Supervisor with ICSB for supporting students and practitioners in their work.

With the GMMP program launched by BCTA (North America) to support RCST practitioners in the accelerated teacher's training program, Zia is hosting and teaching the foundation training in Mumbai, India.

Students graduating from this Diploma training are eligible to apply for the coveted international RCST® title with the Biodynamic Craniosacral Therapy Association of North America (BCTA / NA) [www.craniosacraltherapy.org](http://www.craniosacraltherapy.org)

**For this teacher's training course, Zia is mentored by internationally renowned teachers in this field:**

- **Mimi Ikle Khalsa** (Heart Waves Healing Institute®, USA) [www.heartwaveshealing.com](http://www.heartwaveshealing.com)
- **Bhadrena Tschumi** (Institute of Craniosacral Biodynamics® – Switzerland) [www.icsb.ch](http://www.icsb.ch)

### As a Practitioner:

Zia Nath is a trauma informed practitioner specialising in Biodynamic Craniosacral Therapy (BCST), Somatic Intelligence Counselling & Mindful Nutrition.

Zia certified with ICSB® – Switzerland, In Pune – India, under the tutelage of world renowned teachers Bhadrena Tschumi & Kavi Gemin.

As the founder of the first clinic in India to exclusively offer BCST, Zia has been in this work since more than two decades (2002 onwards). She supports individuals & families with a wide range of health issues & lifestyle diseases, terminal illnesses & trauma support.

Zia specialises in BCST for mums & babies, breastfeeding, birth trauma, tongue ties & developmental issues.

With her collaborations amongst leading pediatric specialists, Zia has been providing BCST orthodontia support to young children, easing their treatment process and recovery.

With her expertise in dance & fitness, she effectively works with athletes & dancers for injury prevention & recovery.

Zia also offers online consults for nutrition and counselling support.

[www.quantacare.org](http://www.quantacare.org)

### Assistants on the training:



#### Dr. Meeta Bali

BCST (RCST, ICSB), Special Educator (Autism Spectrum Disorder)

[YouTube](#)



#### Yasmin Effath

BCST, (RCST, ICSB), IBCLC, Bach Flower Practitioner, Documentary Film Maker.

[Website](#)



#### Rishad Suntook

BCST, (RCST, ICSB), Myofascial Release Massage, Chi Nei Tsang

Specialising in special needs children, sports persons, musicians.

[Website](#)



[The Biodynamic Craniosacral Therapy Association of North America \(BCTA/NA\)](#) is a non-profit organization supporting practitioners and teachers of the biodynamic model of craniosacral therapy, as developed by Franklyn Sills, in the lineage of William Garner Sutherland, DO, and others.

[Heartwaves Healing Institute's Full Foundation](#) Training will fulfill BCTA/NA's established curriculum to become a Registered Craniosacral Therapist (RCST®).

[REGISTER FOR TRAINING](#)