



BRIAN LOFTIN, LMBT

Elemental CranioSacral Work

Education Resumé

<u>Mozarteum Summer Academy</u> <i>Piano Masterclasses with Prof. Christof Lieske</i>	1993
<u>Georgia State University.</u> 76 Hours completed towards a Bachelor's degree in <i>Piano Performance</i>	1993-95
<u>Florida School of Massage, 705 Hour Massage & Hydrotherapy Program</u> Gainesville, Florida	2003
<u>The Milne Institute</u> , Certificated in <i>Visionary CranioSacral Work</i> Big Sur, California	2005-2010
Robert Moss' <u>School of Active Dreamwork</u> <i>Level 1 and 2 Active Dreaming Teacher</i> Duval, Washington	2011-2012
<u>Feldenkrais Teacher Training Program</u> completed 2 years of a 3.5 year training San Francisco, California	2013-2015
Michael Shea, <u>Cardiovascular Craniosacral Therapy</u> <i>Working Heart to Heart</i>	2015
<u>Barral Institute</u> , <i>Visceral Manipulation 1</i> Asheville, North Carolina	2016
<u>Body Therapy Institute</u> , <i>The Spirit of Learning</i> 100 Hour Teacher Training Program	2017
<u>Gil Hedley</u> , <i>6-Day Hands-on Human Dissection Course</i> Colorado Springs, Colorado	2018
<u>Blue Ridge School of Herbal Medicine</u> , 425-Hour Holistic Herbalism Program Asheville, North Carolina	2019
<u>Blue Ridge School of Herbal Medicine</u> , 600-Hour Advanced Clinical Herbalism Program, Asheville, North Carolina, <i>graduated 10/21/2021</i>	2020/21
<u>Manual Lymphatic Drainage Certification</u> , 40-Hour training through the Academy of Lymphatic Studies, Baltimore, MD	2021
<u>Orthobionomy®</u> , Phase 4, <i>Extremities</i> , 16 Hour Training Keri Brown, Indianapolis, IN	2023

Teaching Experience

Brian has been helping facilitate learning in bodywork classes since 2005, when he first began assisting Hugh Milne in his Visionary Craniosacral workshops. He has assisted Hugh and other certified teachers at the Milne Institute in all the levels of classes offered up to 2011; most of the classes he has assisted many times.

In 2012, Brian taught his "Dreambodywork" class for the first time in Berkeley, CA, at the highly regarded Rudramandir Spiritual Center. This class was a fusion of Visionary Craniosacral Work and Active Dreaming.

In 2015 Brian began to offer somatic movement classes in Asheville, based on some of the principles of the Feldenkrais Method. He has taught at the Movement Center of Asheville among other venues.

With his graduation from the Spirit of Learning Teacher Training Program in May of 2017, a 100 hour intensive course for the development of leadership and teaching skills for facilitators of Bodywork modalities, Brian turned his attention to finally presenting his work as an accredited Continuing Education program of his own. This was one of the final course offerings at the famous Body Therapy Institute and was taught by Carey Smith, Karen Delahunty, and Carol Verner.

In 2015, Brian developed taught the first Craniosacral Introduction Course at Mayland Community College in Burnsville, North Carolina, and continues to teach this brief module each winter.

In early 2018, Brian first offered his method, Elemental CranioSacral Work™, for NCBTMB accredited hours. His provider number with NCBTMB is #1559.

He teaches his full program, mainly in Asheville, NC, but also in Honolulu, Hawai'i, where he has been offering his classes at the Quantum School of Massage & Holistic Health since 2022.

Brian has been married to his beautiful wife, Katie Kasben, since 2011. After living extensively around the world—California, Australia, New Zealand, Hawai'i—they moved back home to the South, near Katie's hometown of Asheville, NC in 2013. They live in Weaverville with their 2 children, Brayden and Hayden, and 2 *polydactyl* cats—Koa and Margot.

Brian has been in private practice since January 2004, and has worked for and alongside Chiropractors, Physical Therapists, and dentists. In his spare time, Brian loves to practice meditative archery, swims, plays soccer, reads too much, plays his piano still (tunes it, too!), and otherwise enjoys being outside in wide open spaces with the family.