

BioBasics 2025
Highland Lake Resort, Bridgton, ME
May 30-June 2, 2025
Course Schedule
(please note this is subject to change)
Updated 4/11/25

Friday, May 30th

11am-12pm: Faculty Meeting
12:00pm-1:00pm: Registration for Course Participants and Lunch
1:00pm-2:00pm: Opening Lecture: "Concepts and Anatomy in Biodynamic Cranial Osteopathy",
Craig Goldberg, DO
2:00pm-2:45pm: "Neutral", Lecture, Daniel Gibbons, DO
2:45pm- 3:00pm: Break
3:00pm-4:30pm: "Neutral", Lab, Daniel Gibbons, DO
4:30pm - 5:00pm: "Neutral" - Post Lab Discussion
5:00pm – Adjourn

Saturday, May 31st

8:30am–9:30am: Panel Discussion: " Stillness and Primary Respiration"
Panel Members: Donald Hankinson, Elizabeth Caron, John Coppinger, Keelyn Wu, Angela Greco
9:30am-9:45am: Break
9:45a,-10:30am: "Thinking Osteopathy", Lecture, Evan Rubin, DO
10:30am-11:45am: "Thinking Osteopathy", Lab, Evan Rubin, DO
11:45am-12:15pm – Break
12:15pm-1:00pm – "The Whole and its Parts", Lecture, Noel Pense, DO
1:00pm– 2:15pm – "The Whole and its Parts", Lab, Noel Pense, DO
2:15pm – Adjourn to Nature

Sunday, June 1st

8:30am-9:30am: Panel Discussion: " Tempo and The Tide"
Panel Members: Jaycee Goddard, Veera Motashaw, Maria Patten, Evan Rubin, Karen Roberts
9:30am-9:45am Break
9:45am-10:30am: "The Zones", Lecture, William McDougall, DO
10:30am-11:45am: "The Zones", Lab, William McDougall, DO
11:45am-1:45pm: Lunch Break
1:45pm-2:30pm: "Direction of Ease", Lecture, Elizabeth Caron, DO
2:30pm-3:45pm: "Direction of Ease", Lab, Elizabeth Caron, DO
3:45pm-4:00pm – Break
4:00pm-4:45pm: "Perfect Health of the Embryo", Lecture, Stephen Kisiel, DO
4:45pm-6:00pm: "Perfect Health of the Embryo", Lab, Stephen Kisiel, DO
6:00pm – Adjourn

Monday, June 2nd

8:30am-9:30 am - Panel Discussion: "Living Anatomy and The Health"

Panel Members: Judy Aldrich, Heidi Rasmussen , Noel Pense, Leslie Gass, Steve Kisiel

9:30am-9:45am – Break

9:45am-10:30am – "Rebalancing": Lecture: Veera Motashaw, DO

10:30am -11:30am – "Rebalancing": Lab: Veera Motashaw, DO

11:30am-12:30pm - Treatments by and for Faculty as needed

12:30pm – Goodbyes and Hugs

* NOTE* The Saturday and Sunday afternoon schedules may be interchanged depending on the weather.

* NOTE* This is a tentative schedule. Any lecture or lab may be a little longer or a little shorter depending on the direction of The Tide. Which lecture and lab happen at which time may also be changed. Fluidity is an essential osteopathic principle.