

## **CRANIOSACRAL THERAPY**

Craniosacral Therapy (CST) is a light-touch approach that releases deep tension and stress from within the body. This can result in significant reduction of pain and dysfunction, negative emotions and improve whole-body health and well-being.

CST is so gentle that it can be used on people of all ages. It is a technique that frees up the central nervous system, which allows it to optimally perform all it's jobs. And this can make you feel better!

### **CST may address a full spectrum pain/illness/dysfunction including:**

- migraines and headaches
- chronic neck and back pain
- stress and tension related disorders
- motor-coordination impairments
- infant/child disorders
- brain and spinal cord injuries
- chronic fatigue
- fibromyalgia
- TMJ symptoms
- scoliosis
- central nervous system disorders
- learning disabilities
- ADD/ADHD
- post-traumatic stress disorder
- orthopedic problems
- depression

### **WHAT CAN YOU EXPECT DURING A SESSION?**

A session typically takes place in a quiet setting. You remain fully clothed while you relax on a comfortable, padded table. Delicate light touch is then used to monitor the rhythm of fluid flowing around your central nervous system. This same light touch is then used to release and rebalance any weaknesses or dysfunctions detected.

A session typically lasts one hour. What you may experience in a session is highly individual. But typically you will feel deeply relaxed by the end of the session and may notice subtle to significant improvements in your feelings of well-being.