

CRANIO-SACRAL THERAPY



CRANIO SACRAL IS AN EXCEPTIONALLY GENTLE, NON-INVASIVE BUT EXTREMELY POWERFUL THERAPY. **IT IS A PROFOUND HEALING PROCESS** THAT CAN RELEASE DEEPLY HELD PATTERNS OF DYSFUNCTION THAT ACCUMULATE THROUGHOUT LIFE AS A RESULT OF INJURY AND ILLNESS.



IT IS SUITABLE FOR EVERY AGE, FROM NEWBORN BABIES TO THE ELDERLY, HELPING COUNTLESS CONDITIONS

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These patterns become embedded and held into the body tissues leading to later ill health. It works on a physical and psychological level because it deals with the whole person and facilitates the body's natural power of self-healing, allowing the body to change and let go from the inside, rather than being forced from the outside (no bone crunching). Using a very light touch it is often referred to as silent psychotherapy. It can be of benefit to most people and can help in most conditions.

THE SCIENCE BIT

Cranio Sacral therapy was recognized over 100 years ago through the research of an American osteopath—Dr. William Sutherland. He discovered that every cell in

the body expresses its own rhythmic motion, that the cranial (skull) bones have their own intrinsic movement and that the cerebral-spinal fluid that serves to cushion and support the brain and spine also has its own rhythmic motion. This is known as the Cranio-sacral motion and is expressed throughout the whole body.

Everyday physical knocks, bumps, trauma, shock and emotional stress, cause the body's tissues to contract and tighten up, manifesting in further tensions and restrictions in the body. These restrictions affect the flow and rhythmic motion of the bones and cells; with a gentle touch a trained practitioner can detect this motion and assess its strength and health. Cranio sacral rhythm is also known as "**The Breath of Life**".

WHAT TO EXPECT?

The practitioner uses a light gentle comforting touch to treat and diagnose. Treatment takes place with the patient fully clothed lying on the treatment couch (or sitting if necessary) in a quiet peaceful environment. The patient usually experiences profound relaxation physically, mentally and emotionally,

HELPING TO RELEASE AND OFF LOAD PREVIOUS EMOTIONS AND TRAUMAS ENABLING THEM TO LIVE THE LIFE THEY WANT AND CHOOSE.

WHO BENEFITS?

It is suitable for every age, from newborn babies to the elderly, helping countless conditions such as:

Headaches, arthritis, sciatica, RSI, digestive problems, menstrual disorders, anxiety, stress, insomnia, depression, birth trauma to mother and child, shock, trauma, lack of energy, colic, head injury, back and neck pain, joint disorders, sinusitis, cystitis, autism, dyslexia, cerebral palsy.

BY LISTENING TO OUR BODIES OWN INTELLIGENCE WE ARE ABLE TO FUNCTION IN A CALM AND BALANCED WAY OF LIFE.