

## CRANIOSACRAL THERAPY PDF

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CranioSacral Therapy by Atlanta's most experienced therapist Craniosacral therapy (CST) is a form of bodywork or alternative therapy using gentle touch to manipulate the synarthrodial joints of the cranium A practitioner of cranial-sacral therapy may also apply light touches to a patient's spine and pelvis Introduction to Biodynamic Craniosacral Therapy by Michael Kern, DO, RCST, MICrA, ND Life and motion Founded by John E Upledger, they offer workshops and clinical services in craniosacral therapy and other techniques Craniosacral therapy (CST) " founded by an osteopath, John Upledger " is usually practiced by osteopaths, chiropractors and massage therapists CST is a "subtle" . |

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**Craniosacral Therapy | Taking Charge of Your Health ...** Craniosacral therapy is a gentle, non-invasive, hands-on healing modality that focuses on the wave-like rhythmic pulse that goes through the entire body This therapy stems from osteopathy, which is an approach that emphasizes the role of the musculoskeletal system in health and disease Find CranioSacral Therapy Massage Therapists in Atlanta, Fulton County, Georgia, help from Atlanta CranioSacral Therapy Massage Therapists for CranioSacral Therapy The Biodynamic Craniosacral Therapy Association of North America (BCTA/NA) is a non-profit organization supporting practitioners and teachers of the biodynamic model Craniosacral Therapy Definition Craniosacral therapy is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area What Is Craniosacral Therapy? Craniosacral therapy involves two forms of gentle manipulation The therapist may exert a slight pressure on the sutures or connections between the cranial (head) bones The therapist also places a small amount of pressure to distract the head, neck, or spine

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