

What is cranio-sacral therapy?

Craniosacral therapy is a gentle bodywork technique that enhances the movement of cerebrospinal fluid and releases restrictions within the *fascia*, the thin connective tissue layer overlying the musculoskeletal system.

Everyone is familiar with the body's cardiac rhythm and the rhythm of your breath. There is a third important life-sustaining rhythm called the cranio-sacral rhythm, which is made by the ebbing and flowing of the cerebrospinal fluid, from the brain down and around the spinal cord. This rhythm creates a subtle motion at the head and the sacrum and extends throughout our bodies' tissues.

The cranio-sacral practitioner is skilled at feeling this subtle motion and areas of restriction in the skull, spine, sacrum, joints and muscles. These areas of restriction lead to pain and other symptoms, because they decrease the circulation of blood, vital fluids, and nerve transmission. The cranio-sacral practitioner uses gentle pressure to open bands of fascia. This facilitates release of tension and allows for freer circulation of the cerebrospinal fluid.

Craniosacral therapy works at the interface of energy flow and physical structures. It works directly with your body tissues and can have a positive impact on the energy systems that connect the body, mind and emotions. The healing and gentle balancing properties of cranio-sacral therapy offer effective pain relief, deep relaxation, stress reduction, increased energy, improved immunity, and a heightened sense of well-being.

Craniosacral therapy uses very light touch and is suitable for people of all ages, including babies, children and the elderly, and can be effective in acute or chronic cases. It can be used to treat a variety of conditions including chronic or acute pain, fibromyalgia, migraines, TMJ, depression/anxiety, insomnia, sinus problems, etc.

During your visit, you will lie fully clothed (minus shoes), facing up on a massage table. Using light pressure, the practitioner will gently place her hands at various parts of your body, such as your feet, your low back and abdomen, upper back, neck, and base of skull. Your treatment will be deeply relaxing.