

# Biodynamic CranioSacral Therapy



Craniosacral Therapy is a gentle, noninvasive healing modality that works with the body's inherent ability to repair itself given the right conditions.

Working with the body's own innate, natural rhythm known as The Tide, similar to, but distinctly separate from heartbeat & respiratory rhythms,

The Tidal rhythm is a slow, wave-like expression, that is felt and experienced both physically and metaphysically.

A safe and nurturing environment is held for the physical and subtle bodies wherein The Tide's already existing healing process is brought to the surface and begins to rebalance and heal the whole body on a very deep level, as per a built-in 'blueprint' of underlying health.

During a session, the Therapist listens to and observes the subtle pulsations of The Tide as it expresses the health and 'story' within the tissues, fluids, and energy systems. The Therapist's sensitive, perceptive, and intuitive touch orients towards the inherent health within the body, as expressed by The Tide through the cerebral-spinal fluids surrounding the central nervous system, encouraging the body systems to flow and operate more freely, improving organ, brain and spinal cord function, dissipating the effects of stress, and enhancing general health and resistance to disease. This therapy has a profound effect and inspires balance and peace on a physical, mental, emotional, and spiritual level.

Being a gentle and non-invasive therapy, it is an effective healing modality for both acute and chronic conditions and can benefit all ages, including newborn babies, children, the elderly, and pregnant women.

Craniosacral Therapy has been known to be very effective in helping the body remedy :

- Stress
- Colic
- Autism
- Insomnia
- Chronic Sinusitis
- Chronic Fatigue
- Migraines/Headaches
- Recurrent Ear
- Infections
- Birth Related Trauma
- IBS & other
- Digestive Issues
- Chronic Neck & Back Pain
- Central Nervous System Disorders
- Learning Disabilities - ADD/ADHD
- Addiction
- Post-Traumatic Stress issues, including Abuse
- Fibromyalgia and ,Other Connective Tissue Disorders
- Motor-Coordination Impairments
- Post Surgery/Anesthesia
- Hormonal Imbalances
- Musculoskeletal issues

**Sessions last for one hour and cost 111 BD for a package of 3.**

**Sign up now and receive a free session for every 9 sessions completed!**

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Holistic Health Coach