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Craniosacral Therapy

Biodynamic Craniosacral Therapy (Christel)

“To penetrate the hardest armor, use the softest touch.” *Lao Tsu*

Call our office to schedule a session with Christel and experience the benefits of this deeply relaxing and healing technique.

Biodynamic Craniosacral Therapy (BCST) is a healing art that works with the energies that create and maintain health in the human system. While not a manipulative therapy, it has its roots in osteopathy and has evolved to include influences from advances in neuroscience, human development, pre and perinatal psychology, and trauma resolution. BCST supports nervous system regulation and allows the resolution of conditions resulting from stress and trauma.

Practitioners use an educated gentle, non-invasive touch to engage with the expressions of health in the system. The hand contact is based on listening and following/reflecting on the client's process. Craniosacral work is deeply spiritual and can open doors to the client's heart and soul to allow profound changes in one's life.

As a gentle, safe healing art, BCST is suitable for people of all ages and physical conditions. (You will be lying on a massage table fully clothed). It is particularly helpful for relieving the effects of stress and overwhelm often expressed in the following conditions listed below.

- Acute/Chronic Pain: Injuries, surgeries, chronic inflammation, headaches, backaches, sciatica, structural misalignment.
- Auto-Immune Disorders: Rheumatoid Arthritis, diabetes, allergies, Multiple Sclerosis, inflammatory skin disorders.
- Trauma and Nervous System Dysregulation: PTSD, depression, anxiety, stress, difficulties sleeping.

For more information visit <https://craniosacraltherapy.org/>