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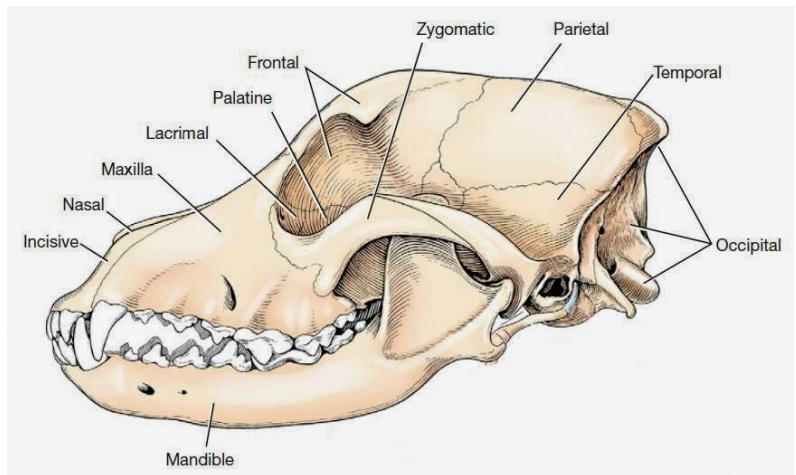
CRANIOSACRAL THERAPY FOR ANIMALS

CranioSacral therapy is a gentle, hands-on and deeply relaxing therapy that restores balance to the body through the craniosacral system. The craniosacral system comprises the fluid that surrounds the brain and spinal cord and the tough membrane that encloses that fluid.

Just as our heart beats to a rhythm and our lungs breathe to a rhythm, the fluid around our brain and spinal cord also moves to a rhythm. The aim of CranioSacral therapy is to normalise the craniosacral rhythm. The bones of the skull are connected to each other, in a similar way to an expansion joint in concrete, which allows very subtle movement. The CranioSacral therapist facilitates a balancing of the craniosacral system via the cranial bones which are connected by membrane to the craniosacral system.

During a CranioSacral therapy session, the body enters the theta brainwave state, a deep meditation state that encourages relaxation and healing. Once they realise they won't be hurt many animals completely relax during a CranioSacral therapy session, some even drifting off to sleep.

Being a very safe and gentle therapy, CranioSacral therapy is suitable for all ages from the very young to the very old – and every age group between. It is especially helpful for problems originating in the head or spine and is also helpful for problems following injury, including birth injury. It is also helpful for pain or discomfort that occurred following desexing or other surgery.



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