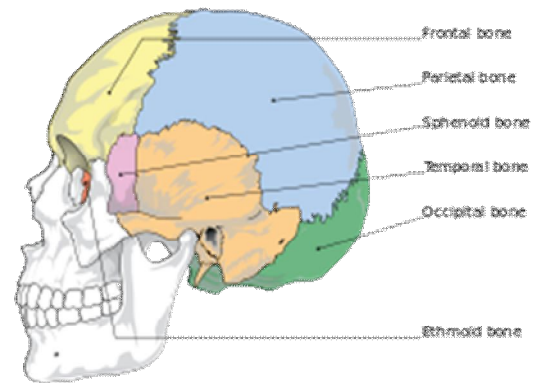


Carole Bryant

Naturopath

0428 449 326

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. About 50% of clients fall asleep during a session. CranioSacral therapy is done with the client fully clothed.

Being a very safe and gentle therapy, CranioSacral therapy is suitable for babies and the elderly – and everyone else in between. It is especially helpful for problems originating in the head or spine such as headaches and neck & back pain and is also helpful for babies with problems following a difficult birth.

CranioSacral therapy is also used with animals.

- Carole Bryant ©