December, 2-4, 2022

Craniosacral Therapy: An Introductory Course

Company: n/a
Venue: Grand Street Healing Project
Location: Brooklyn, NY

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unknown

Craniosacral therapy is a non-invasive method of manual therapy. The therapist uses their hands with a very gentle touch to detect restrictions or blockages that may exist in a person's body. Through this conscious touch, the inherent mechanisms of self-healing that exist within each person's system are also activated. To enter into this field is to enter into contact a paradigm that believes in the inherent capabilities of self-healing within our organism.

In this three day introductory training, covering both theory and practice, we will explore the history of craniosacral therapy, how this method has developed over time to today, and the benefits of receiving a craniosacral treatment. We will learn about the anatomy and physiology of the craniosacral system, its structure and functions. We will also learn about the fundamental principle of Primary Respiratory Movement (PRM) and Breath of Life.

Craniosacral therapy gives us multiple benefits, helping to release physical and emotional dysfunctions. This course is great for yoga practitioners, bodyworkers, manual therapists, students of somatics, and more. In this course participants will learn various listening techniques and a basic treatment protocol. By the end of our time together, you'll be able hold a basic craniosacral session or integrate pieces into a pre-existing manual therapy session. Everyone will receive a manual with theoretical information, photos and technique description, as well as a certificate of completion for completing the entire course.

This course will be taught in both Spanish and English.

n/a
105 Grand Street
Brooklyn, NY, 11249
313-415
https://www.maharose.com/craniosacral-therapy-an-introductory-course

Schedule
December 2, 2022: 3:00pm
December 3, 2022: 12:00pm
December 4, 2022: 3:00pm

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