

**Presents**

# **CranioSacral Therapy Overview**

This six-hour, hands-on workshop guides participants on a journey to, through, and around one of the body's most fascinating healing channels: the craniosacral system.

The craniosacral system comprises the brain and spinal cord, plus the membranes and fluids surrounding those structures. The craniosacral system has a unique rhythmic movement that can be palpated to assess the overall health of one's central nervous system and core being. Damage or restrictions within the craniosacral system can have detrimental effects on overall health and healing. They can also impact one's mental, emotional, and physical well-being.

This workshop is geared toward allied healthcare professionals (MFTs, MTs, PTs, OTs, SLPs, DCs, LACs, RNs, midwives, movement therapists, etc.) who want to learn basic concepts about CranioSacral Therapy.

- The morning session includes a brief history of CST, philosophy of CST, and anatomy and physiology of the craniosacral system.
- The afternoon session focuses on palpation of the craniosacral system and how to identify restrictions in the body that are potentially affecting the brain and spinal cord.

Participants will leave the workshop with fundamental knowledge about CST and be able to identify patients who may benefit from the work.

**Plus, if you decide to register for a four-day CST class to continue your studies, you can apply \$125 of your Overview course fee to that class.**

*MTs, OTs, PTs, and RNs in California receive 6 CEs.*

***Date and Time:***

**Sunday, August 27, 2017**

10 a.m. – 5 p.m.

***Prerequisite:*** None

***Tuition:*** \$150

All participants receive a free copy of Your Inner Physician and You by Dr. John Upledger plus course handouts.

***Location:***

Life Energy Institute (formerly IPSB)  
5817 Uplander Way  
Culver City, CA 90230

***To register:***

Call 310-376-0113 – or –  
[www.upledger.com](http://www.upledger.com)

***Instructor:***

Karen Axelrod, MA, CST-D, CMT  
*Upledger Certified Instructor for CS1, CS2, CSCN1,  
CSIR, and Clinical Applications.*  
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