

**Presents**

# **CranioSacral Therapy for Cranial Nerves 1**

The cranial nerves are a key part of our nervous system and contribute greatly to our wellbeing. They oversee the five senses of smell, sight, hearing, touch, and taste.

They help to maintain homeostasis and regulation of our heart rate, breathing, digestion, and blood pressure. They assist in maintaining our equilibrium and balance. New research shows that they play an important role in social engagement, trauma recovery, and human survival in mammalian social groups.

Like any other physiological structure, cranial nerves can become dysfunctional due to a number of different reasons: osseous or membranous restrictions within the cranium or cervical region; inflammation; injury, disease, or trauma; demyelination; poor intracranial pressure; or poor vascularization and blood flow.

CranioSacral Therapists are in a unique position to be able to directly affect the recovery and function of cranial nerves through their structural and energetic practices. This *NEW* CST course (CSCN1) focuses on the anatomy and physiology of the 12 cranial nerves, how they might become dysfunctional, and how to help restore function using new and existing techniques derived from Upledger CranioSacral Therapy.

*Prerequisite:* CS2

*Instructor and course developer:*

Karen Axelrod, MA, CST-D, CMT

Upledger Certified Instructor for CS1, CS2, CSCN1, and Clinical Applications

***New CST Class in 2016!***

**Nov. 3 - 6, 2016 – Los Angeles**

**Feb. 23 – 26, 2017 – Calgary, Alberta**

**May 18 - 21, 2017 – Palm Beach, FL**

**Oct. 19 - 22, 2017 – Portland, OR**

*To register:*

[www.upledger.com](http://www.upledger.com) –or– call 800-233-5880

*What students said about the CSCN1 pilot class:*

- “This was the best CST course I’ve taken.”
- “Karen made working with the nerves fun and easy to learn, using the CST paradigm in a way that we can immediately apply to our practices.”
- “Well researched, beautifully taught.”
- “Karen totally simplified the cranial nerves and made them very ‘accessible’ for us both intellectually and within our hands.”
- “This one was great!”
- “Karen takes very complicated neural information and breaks it down into digestible pieces.”

