

**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, CSIR, and Clinical Applications. [www.karenaxelrod.com](http://www.karenaxelrod.com)

***Dates for 2020!***

**April 30 - May 3, 2020 Minneapolis**

**June 4 - 7, 2020 Tampa**

**Sept. 24 - 27, 2020 Ottawa**

*To register:*

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

*What students said about the new CSCN1 class:*

- “A truly extraordinary class. An essential class for any serious CranioSacral therapist. I continue to benefit each and every day. My work has moved to a different, deeper level.”
- “This is long overdue. It adds a much-needed dimension to our CST curriculum.”
- “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.”
- “Karen takes very complicated neural information and breaks it down into digestible pieces.”

