

Are you feeling overwhelmed?
Do you suffer from stress or/and anxiety?
Are you struggling to sleep?
Do you suffer from chronic pain?

Why not try Craniosacral therapy?

Craniosacral therapy works on the principle that the body possess innate intelligence to restore connections to the healthy self. Like the way our body manages our heart beat, our breathing, our digestion, our daily function etc, it tries its best to maintain optimal level of health and well being. Occasionally, perhaps due to physical injuries, prolonged periods of emotional and psychological stresses, trauma, toxicity, over work and not enough rest, it gets stuck and needs assistance to free up its healing resources.

Do you want to feel deep relaxation? Do you want to sleep better?
Do you want to reconnect with the health within you?

Craniosacral therapy has a profound effect on balancing and calming the central nervous system (“the head quarters of our body”, from the brain to the spine) to stillness. It is these still moments that provides space and facilitates the body to reorganise, to make changes and allow the internal health to manifest. In today’s modern and stressful society these still moments are undoubtedly invaluable; activating inner resources to bring forth an optimal state of peace, health and vitality.

Craniosacral therapy was established by Dr Sutherland (1870-1954), an American medical doctor and osteopath. Dr Sutherland’s many years of research revealed that our body is able to reconnect to health without the use of any external mechanical force but trusting the innate intelligence within the body to carry out the healing processes under the sensitive hands of a trained Craniosacral practitioner.

Craniosacral therapy is a gentle, non-invasive, hands on, light-touch approach that supports physical, mental, emotional and spiritual well being. It is suitable for people of all ages from the newborn to the elderly. The practitioner does not impose any pre-conceived notions or prescribed treatment plans but each session is allowed to unfold naturally, in response to the client’s body’s innate intelligence, and the body’s natural priorities for healing.

In a treatment session, the client remains fully clothed, lying on a treatment couch (or sitting if lying is difficult). The practitioner may start the session by placing their hands on the client’s feet and thereon be led by the client’s body to other parts, often the sacrum at the base of the spine or to the shoulders or the head. A typical Craniosacral treatment session last 40-50minutes.

Throughout the session the client may feel a range of sensations such as tingling, pulsing, buzzing, rumbling of the tummy. They may feel small subtle movements or adjustments taking place, or sometimes, the client may feel nothing. A treatment session may bring up issues/emotions from the past experience which maybe held unresolved. Often a client will experience a deep sense of calm and relaxation or may sleep deeply. Any or all of the above is normal and welcomed as part of the healing process.

From my own experience some of the words and phrases that people have used to describe their experience of Craniosacral Therapy:

“Comforting, inner peace, a sense of relief, deep stillness and relaxation, connection, reduced pain, got more clarity in own personal circumstances and able to make decisions, feeling more focussed and ground, had the best sleep in a long time.”

People with a wide range of conditions can benefit from Craniosacral therapy. Here are some of the conditions I have worked with:

- Chronic back and neck pain
- Arthritis
- Feeling low energy
- Chronic fatigue
- Headaches and migraines
- Stress, anxiety and related conditions
- Digestive disorders
- Unexplained symptoms – low energy, general aches and pains
- Emotional difficulties
- Trauma
- Insomnia
- TMJ – Jaw pain