

How much are your CST sessions?

CST practice sessions for friends
and previous clients:

Book now for your half price
introductory session 1-30 July 2019
only - Monday-Friday 10am-6pm.

Prices from 1 August 2019

First CST session 30-45 minutes
plus 15 minutes for form and
discussion before 30-45 minutes
session, fully clothed -1 hour \$110

4 pack CST only 1 hour x weekly
or fortnightly \$400 paid in full at
first session

Book Now for your Introductory
CST session

[http://
www.mytantramassage.com.au/
booking-page](http://www.mytantramassage.com.au/booking-page)



HARMONISING YOUR HEAD HIPS & HEART



**Ally's new modality - CST is
energetic healing which can be
combined with a relaxing
massage**

Now available
with Ally Thomas, Unley, Adelaide,
all over Australia
and New Zealand



JUST ORGANISING YOU
UNLEY AUSTRALIA
+61 419038310
www.mytantramassage.com.au

HARMONISING YOUR HEAD HIPS & HEART



- **To balance your mind, body and spirit**
- **Harmonise your physical, emotional and spiritual energies**
- **Restore your natural rhythm and flow**



CRANIO SACRAL THERAPY WITH ALLY



The craniocervical system consists of the membranes and fluid that surround and support the brain and spinal cord. It extends from the bones of the head (cranium) down to the bones at the base of the spine (sacrum), hence the name. This system is intricately connected with the rest of the body. Therefore by gently creating changes in the craniocervical system the body can self-correct.

What is Cranio Sacral Therapy?

Cranio Sacral Therapy (CST) arose in 1930's when Dr William Garner Sutherland, father of Cranial Osteopathy, extended the work started by osteopath Dr Andrew Taylor Still. In the late 1960's Dr John Upledger developed it further and

refined the Cranio Sacral system and developed more specific techniques. Around the world there are many different schools of CST, most having their own interpretation of the original version.

The purpose is to tune in the client's energetic body and connecting at the level of the cerebro spinal fluid (CSF) to assist the release of any restrictions or patterns that are creating the client's symptoms*. These symptoms could be physical, emotional or spiritual in manifestation and presentation.

CSF what the Chinese refer to as "Jing", the life essence of a person.

WHAT WILL HAPPEN AND WHAT WILL I FEEL DURING A SESSION?



We will first talk about your health and well being. If you feel blocked or stuck in some area of your body or your life I can help you unblock it gently, safely and non-invasively. During the Cranio Sacral Therapy session you will be lying fully clothed on a massage table with a pillow under your knees. You will feel the light touch of my hands.

First I spend some time tuning into your whole body's energy system. I will "feel into" and sense the flow of CSF and energy in your spine and identify areas of congestion or restriction, then help your body to regain flow and release the block or tension. As your body releases, the energy that it was using to hold itself in contraction is also released to flow smoothly. You may feel very relaxed and even fall asleep. You may feel heat from my hands, tingling, pulsation or other sensations. All of which are completely normal and may vary with each session. With each treatment your body relaxes and releases what you don't need - for more relaxation, comfort, balance and harmony.

WHAT IS CST GOOD FOR?

Cranio Sacral Therapy uses gentle touch on the joints of the cranium or skull, parts of the pelvis, and the spine for healing. Some people use cranio sacral therapy as an adjunct to other forms of treatment. As a whole body therapy, CST can aid almost any condition. It can raise vitality, increase available energy, and enable the body's own self- healing to be activated. It is very helpful for the following: **Trauma & fatigue, Post-traumatic stress disorder, Digestive problems, Exhaustion & fatigue, Stress-related conditions, Headaches & migraines, TMJ jaw disorders & teeth grinding, Anxiety, depression, Emotional Release, Insomnia - sleep problems, Hormonal problems and period pain, Back pain & sciatica, Infertility, Sexual disorders, Muscle aches & pains - back and neck aches, Breathing problems, Pain disorders.**

As CST is non-intrusive, clients are able to release traumas previous therapies have not resolved.

HOW MANY SESSIONS WILL I NEED?

During our sessions together your body downloads information and resources to 'learn' new more comfortable ways of laying down structure and easier ways of functioning. This means that momentum can be gained with each session. Patterns of tension that are stuck may take time to unwind and realign before finding ways to function more comfortably.

If you have never had a CST treatment before, committing to 4 sessions is recommended. For those whose system is familiar with Cranio Sacral Therapy one or two sessions is good. However a more individual recommendation will be given after talking and working with you at your initial session.

After the first few sessions many people choose to make CST a regular part of their wellness program and schedule regular maintenance sessions according to their lifestyle and needs.