

# INNER HUMAN LIFE

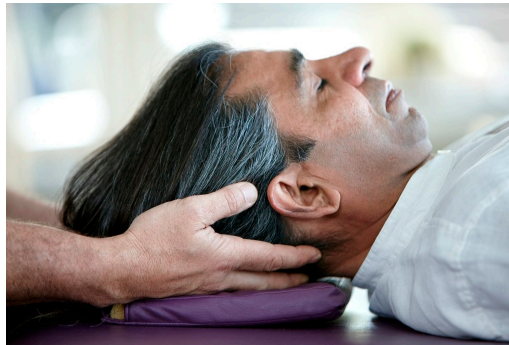
presents

## **Cranial Fluid Dynamics for Corporations and Small Businesses** *increases employee productivity, and enhancing workplace ergonomics*

Cranial Fluid Dynamics (CFD) is a gentle form of cranial therapy developed by osteopath Solihin Thom DO, it has origins in cranial osteopathy with the work of Andrew Stills and later William Sutherland, who noticed that the cerebral spinal fluid not only bathes and nourishes all of the tissues in the body but also has the capacity to augment healing.

A CFD session typically lasts 60 minutes, the goal is creating mental harmony, increased immunity and awareness around the body, which can relax and release tension at many levels, leaving you with a wonderful feeling of integration and organization.

**Common symptoms to treat with Cranial Fluid Dynamics in the workplace:**  
Stress, back, neck & shoulder pain, burnout, and low morale.



### **Why is Cranial Fluid Dynamics useful at the work place:**

- Lowers stress
- Reduced muscle tension
- Improved blood flow and circulation
- Increased energy, alertness and productivity
- Decreased anxiety
- Improved mental acuity
- Immediate and cumulative results
- Decreased absenteeism due to stress related illnesses
- Decreases overuse injuries
- Increases employee morale

If any questions, please contact me: US +1 917 214 1145 • UK +44 (0) 203 290 7115  
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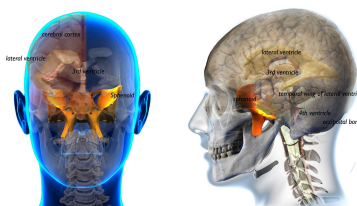
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**Facts about stress in the workplace and how it translates into actual dollar amounts are possibilities that can occur:**



- The average direct cost of absenteeism is \$3,550 per employee per year - Watson Wyatt Canadian Staying @ Work Survey.
- The annual cost to Canadian companies due to stress-related disorders is **\$12 billion**. Absenteeism due to stress has increased by over 300% since 1995.
- 51% of employees experience a great deal of stress at work. 25% of these employees have been **physically ill** from workplace stress - Aventis Healthcare Survey 2002.
- 75% to 90% of all visits to primary care physicians are for stress-related complaints up to **80% of on-the-job accidents** are stress-related 40% of job turnover is due to stress - American Institute Of Stress.
- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.
- Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work - Occupational Health and Safety news/National Council on Compensation Insurance (USA).
- Workers who must take time off work because of stress, anxiety, or a related disorder will be off the job for about 20 days. - Bureau of Labor Statistics.

**In a Cranial Fluid Dynamics session:**



- Employees stay fully dress.
- The CFD can be given in a public space and is very conservative.
- The boss realizes that happy employees are productive employees.
- Employees who receive sessions are more likely to feel grateful and be more responsible.

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## About David:



**David Isa Rosas** has over 25 years of experience as a Licensed Manual Therapist and Clinical Ontologist. He is a graduate of the Swedish Institute College of Health Sciences in NYC, trained in Massage Therapy, Asian Healing Arts, and Osteopathic Manual Therapy. David studied Cranial Therapy, Neuro-Somatic Therapies and a non-verbal dialogue system called InnerDialogue and BeingHuman Constellation Work with Dr. Solihin Thom.

He is a translator who listens to the body's signals (symptoms, dis-ease, challenges, limitations) and explains what's going on.

David's mission is to provide tools and inner resources for people around the world to embark on an epigenetic step into sustainable health, optimum wellbeing, and personal emergence.

## Offering:

**Cranial Fluid Dynamics**, a cranial therapy for sustainable wellness.

**Cranialsacral Self-Care**, exercises for improving health.

**Cranial Mindfulness Meditation**, for enhancing brain function.

**BeingHuman Constellation Work**, for personal and business development.

*For further information, visit my website <https://innerhumanlife.com>*

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