



When the body feels safe it softens. When it softens it heals.

Craniosacral Therapy in Pregnancy

Gentle support for comfort, balance and nervous system regulation

Pregnancy brings profound physical and emotional change.

As your body adapts you may experience:

- Back, pelvic or rib discomfort
- Neck and shoulder tension
- Headaches
- Breathlessness or tightness
- Sleep disturbance
- Feeling overwhelmed or anxious



As posture shifts and tissues stretch, the nervous system can also become more sensitive or overloaded. Craniosacral Therapy is a gentle, hands-on treatment that works with the nervous system and fascia to support ease and regulation during pregnancy.

Using light, skilled touch, sessions may help to:

- Reduce physical tension
- Support pelvic and spinal comfort
- Improve relaxation and sleep
- Encourage nervous system balance
- Create space for rest and connection

Appointments are calm and unhurried, allowing you time to settle and deeply relax. Supporting your own regulation during pregnancy can positively influence both you and your baby. When the nervous system feels safe the body often finds greater ease.



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Gentle Craniosacral Therapy supporting nervous system regulation and lasting wellbeing

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About Loraine

I am a Registered Craniosacral Therapist with a particular interest in chronic pain, nervous system regulation and supporting the body through life's transitions, including pregnancy and later years.

My work is grounded in an understanding of fascia and the way the nervous system shapes patterns of tension, pain and stress. I take a gentle, attentive approach, allowing the body the time and space it needs to settle and reorganise.

Sessions are calm and unhurried and tailored to your individual needs. My aim is not to force change, but to create the conditions in which your body can soften, regulate and restore balance.

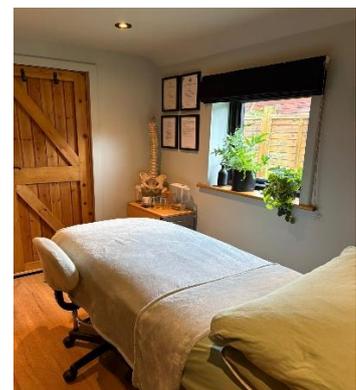
What to Expect

- Sessions are either 60 or 90 minutes and a full case history is taken during your first visit. You remain fully clothed and lie comfortably on a treatment couch.
- Touch is light, subtle and always respectful. Treatment can be given off the body if this is preferred.
- Time is allowed at the beginning to discuss your needs and at the end to integrate the treatment

Why Nervous System Regulation Matters

When the nervous system remains in a protective state, the body may hold tension, pain or overwhelm.

Supporting regulation allows tissues to soften, breathing to deepen and healing processes to function more effectively.



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