

WOULD YOU LIKE TO FEEL?

RELAXED
AT EASE WITH YOURSELF
ABLE TO COPE
A SENSE OF WELLBEING
UNDERSTOOD
CLEAR HEADED
BALANCED
ENERGISED
UNWOUND
CONNECTED
RENEWED INTEREST IN LIFE
ABLE TO MEET CHALLENGES
BETTER RESOURCED

Any or all of these can be how you might feel after CST

WHERE TO FIND HELP

For more information and to find a practitioner

craniosacral.co.uk

0844 700 2358 *Local Rates Apply*

The Craniosacral Therapy Association
Monomark House
27 Old Gloucester Street
London WC1N 3XX



CRANIOSACRAL
THERAPY ASSOCIATION

CRANIOSACRAL
THERAPY
AND



DO YOU FEEL?

TIRED ALL THE TIME

HEADACHEY

ANXIOUS

RUN DOWN

UNABLE TO COPE

OVERWHELMED

BLOATED

UNABLE TO CONCENTRATE

IRRITABLE

RESTLESS

TENSE

PALPITATIONS

OUT OF SORTS

OUT OF TOUCH WITH
YOUR FEELINGS

Any or all of these can be signs of stress

MAKE A COMMITMENT TO MANAGING YOUR STRESS

Stress is unavoidable in today's busy world and our bodies are designed to manage a certain amount of this stimulation. Sometimes though, we can become overwhelmed and unable to cope with life's demands. Extended periods of stress can start to produce symptoms which have an impact on our day to day life and ultimately may lead to serious illness.

CST is a natural way of helping our bodies to rest and recover. CST is unique in its ability to treat the source of symptoms on every level, whether mental, physical or emotional. For the best results a series of treatments is recommended.

Registered Therapists are accredited by the Craniosacral Therapy Association (CSTA) and use the letters RCST after their names. They adhere to the CSTA's Code of Ethics and requirements for continuing professional development.

DURING A SESSION

Your practitioner will take a written case history, listening with care to the reasons for your visit. This part of the session is important, both for gathering information and to establish a good understanding with your practitioner. The session typically lasts an hour, although this can vary. You remain clothed and will usually lie face up or on your side, or you may be seated. The practitioner makes light contact with your head, the base of your spine, and other areas, encouraging your body to relax and begin to make the changes it needs. Because the body functions as a whole, your practitioner may focus on areas other than where your symptoms occur.

Craniosacral Therapy is not intended as primary healthcare but to work alongside the relationship you have with your doctor.