

A Study in Cranio-Sacral Therapy

THIS CLASS IS:

an introduction to the basic concepts and techniques of Cranio-Sacral Therapy methods in which body workers can incorporate this modality into their practices

INSTRUCTOR:

Sid Napper, who practices light-touch, energy therapies in Salt Lake City, is an instructor at the Myotherapy College of Utah. He received advanced training in BioMechanical Cranio-Sacral Therapy through the Upledger and Milne Institutes, as well as advanced training with Michael Shea in BioDynamic Cranio-Sacral Therapy. He has practiced and taught Cranio-Sacral Therapy for fifteen years and considers it to be one of the most powerful and gently effective therapies that he has ever learned.

OBJECTIVES: Each student will learn the following:

- The history of Cranio-Sacral Therapy
- Terminology and anatomy of the craniosacral system
- Basic understanding of cranial rhythms and their palpation
- Still point induction
- Fascial, dural and “diaphragm” release techniques
- Cranial Vault release techniques
- V-spread and other energy techniques
- Basic protocols for Cranio-Sacral Therapy
- Causes and resulting health problems associated with restrictions of the craniosacral system and how to release those restrictions

PREREQUISITE:

A desire to learn ways to help people

TIME AND LOCATION:

Classes will be held at the Butterfly Express LLC ® offices in Clifton, ID. Classes will be taught Jan. 21, 22, 23, and 24, 2009 from 9:00 A.M. until 5:00 P.M. Lunches will be pot-luck.

CLASS FEE:

\$495. A discount of \$50 dollars will be given if class fee is paid in full and received by thirty (30) before first class day. Please send check or money order to Sid Napper, 1210 West 4365 South #3D Salt Lake City, UT 84123. Please include your name, address, phone number, and E-mail address with your payment.

If you need additional information, please contact Sid at 801-891-3369 or 801-281-9559.