

CranioSacral Therapy

The following information is from the website of one of our CranioSacral therapists, Blanca Noel at www.blancanoel.com

The principles and techniques of CST are very much in harmony with ancient as well as contemporary concepts of spirit, body, and soul as well as mind, matter, and psyche. In CranioSacral Therapy, the in harmonies of the patient's energy field are positively influenced by the practitioner. These techniques enhance the movement of energy to improve and restore balance on many levels.



In the traditional and alternative health care communities, CranioSacral Therapy has gained a reputation for providing significant improvement for a wide range of conditions ranging from infant disorders to post-traumatic stress disorder (PTSD) in returning soldiers. Though some clients have experienced total alleviation of symptoms through this therapy, it is not intended to be a replacement for the services provided by a physician.

One does not need to be ill to benefit from CranioSacral Therapy. The work helps individuals at all levels—physical, mental, and spiritual. The benefits include a feeling of renewal and an ability to function at optimum levels. Through these modalities, the joy of living is increased, resulting in diminished stress and anxiety.

An orientation class is required for all new SDCRI clients before appointments can be made. For more information and to sign up for Orientation, call the SDCRI Coordinator at: 760-536-7679