

How was this Gentle Therapy Developed?

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician featured in TIME magazine as one of the American's next wave of innovators.

From 1975-1983, Dr. Upledger was a professor of biomechanics at the College of Osteopathic Medicine at Michigan State University.

While he was there he lead a team of anatomists, physiologists, biophysicists and bioengineers who performed and published the clinical research that formed the basis for the approach he named CST.

In 1985, Dr. Upledger founded the Upledger Institute to teach people world-wide about the value of this effective approach. Nearly 100,000 therapists have since been trained in CST.

"The CranioSacral System extends from the skull or the cranium down to the tailbone or sacrum."

At Roycan's Country Haven

we offer:

- CranioSacral Therapy
- BodyTalk
- Acupressure
- Equine Personal Wellness Programs.

We also offer treatments for animals in Bodytalk & Acupressure

Roycan's Country Haven

Roy & Candice Kontzie
Portage la Prairie, MB, Canada
www.roycan.ca info@roycan.ca

204-239-4854



Roycan's
Country Haven
www.roycan.ca
info@roycan.ca

CranioSacral Therapy

THE
HEALING
POWER OF
A GENTLE
TOUCH

{ Tel: 204-239-4854 }



CranioSacral Therapy

Why is CranioSacral Therapy so Important?

CST is a light-touch approach that can create dramatic improvements in your life. It releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Few body structures have more influence over your health and well-being than your central nervous system. And few body systems have more impact on your central nervous system than the craniosacral system—the soft tissues and fluid that protect your brain and spinal cord.

Every day you endure stresses and strains and your body absorbs them. But your body can only handle so much tension before the tissues begin to tighten and potentially affect the brain and spinal cord.

CST releases those tensions to allow the entire body to relax and self-correct.

By freeing the central nervous system to perform at its best, CST naturally eliminates pain and stress, strengthens your resistance to disease, and enhances your health and well-being.

WHAT CONDITIONS DOES CST ADDRESS?

CST improves your body's ability to take better care of you. It helps relieve a full spectrum of pain, illness and dysfunction, including:

- *Migraines and Headaches*
- *Chronic Neck and Back Pain*
- *Stress and Tension-Related Disorders*
- *Motor-Coordination Impairments*
- *Infant and Childhood Disorders*
- *Brain and Spinal Cord Injuries*
- *Chronic Fatigue*
- *Fibromyalgia*
- *TMJ Syndrome*
- *Scoliosis*
- *Central Nervous System Disorders*
- *Learning Disabilities*
- *ADD/ADHD*
- *Post-Traumatic Stress Disorder*
- *Orthopedic Problems*
- *And Many other Conditions*

What Can I Expect From a Session?

Your CST session is held in a quiet country atmosphere which is private. You remain fully clothed as you relax on a comfortable massage table.

A CST session can last up to an hour.

What you experience from your own session is highly individual. The sessions are generally deeply relaxing, creating feelings of warmth or gentle pulsing in the areas that have been worked on.

After the session you need to drink A LOT of water. At least 2 bottles and for at least 2 hrs just relax. No physical activity. Tissues and muscles have been loosen up and you need to allow them to settle down.

Contact: Candice Kontzie
Roycan's Country Haven
info@roycan.ca 204-239-4854
www.roycan.ca
Portage la Prairie, Manitoba