CRANIOSACRAL THERAPY

DEEP NERVOUS SYSTEM REGULATION & CALM

What It Is

Craniosacral therapy is a gentle, hands-on approach that works directly with the nervous system to support regulation, release tension, and restore internal balance.

It is subtle—but deeply powerful.

How It Works

The body has an inherent rhythm tied to the brain, spinal cord, and surrounding fluid.

Stress, trauma, and chronic tension can disrupt this rhythm, leading to:

- Overactivation (anxiety, hypervigilance)
- Shutdown (fatigue, disconnection)
- Persistent symptoms without clear cause

Through light touch, craniosacral work helps the body:

- Shift out of survival mode
- Release stored tension patterns
- Return to a regulated, restorative state

What It Helps With

- Anxiety and chronic stress
- Nervous system dysregulation
- Headaches and migraines
- TMJ and jaw tension
- Sleep issues
- Emotional overwhelm or burnout

What Makes This Different

This is not just relaxation—it's regulation work.

Aligned with the Calm phase of the Internal Capacity Framework™ , this work:

- Creates safety in the body

- Expands your system's tolerance for life
- Lays the foundation for healing and growth

As your guide states:

"Sustainable change happens when the nervous system feels safe to evolve."

What to Expect

- A quiet, supportive environment
- Light, still touch
- Deep relaxation or subtle internal shifts
- Sessions that meet your body where it is

Many people leave feeling:

- Calmer
- Clearer
- More connected to themselves

Who It's For

- Highly sensitive or overwhelmed individuals
- People stuck in stress cycles
- Those who feel disconnected from their body
- Anyone needing a gentle entry point into healing

Next Step
If your system feels overwhelmed, this is often the most supportive place to start.

Book a session or pair this with chiropractic or coaching for deeper results.

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