

# TINA HEYER, LMT

## CONTACT TINA DIRECTLY TO REGISTER FOR THIS COURSE

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### **INTRODUCTORY COURSE TO CRANIOSACRAL THERAPY, LEVEL 2**

**Saturday, May 22nd, 2021**

**9:30am – 5:30pm**

**ONLY \$149**

**Hosted by “Therapeutic Connections School of Massage”**

**CRANIOSACRAL THERAPY** will teach theory and techniques that will help to restore blood flow to tissues that have had a restricted flow. It will teach the practitioners to feel the primary respiratory mechanism of the body, some of the many rhythms that the body has. Students will learn how to palpate the rhythms and use them to restore the slide and glide that all tissues should have relative to each other. The goal of this type of treatment is to restore the body’s natural rhythms that it has had since it was an embryo, and to balance the functions of the sympathetic and parasympathetic divisions of the autonomic nervous system. This will facilitate healing in the whole body and help to integrate the body and its physiology to function more peacefully.

**THE INTRODUCTORY COURSE TO CRANIOSACRAL THERAPY, LEVEL 2** will familiarize the students with how to use these rhythms to treat the relatively transverse tissues in the body. We will get started feeling the rhythm on the various bones of the cranium, which will lead right into treatment of restrictions of these. We will add to the general protocol learned in LEVEL 1.

**DURING THESE WORKSHOPS**, we will review the importance of balance in the Autonomic Nervous System, and how to help the client achieve that balance. We will review the anatomy and how to palpate the areas being taught, and we will give and receive a one-hour session at the end of the day. You will be able to integrate these skills immediately into your practice.

#### **ABOUT THE PRESENTER**

Tina Heyer, LMT, has been in private practice since 2005, specializing in CranioSacral Therapy since 2009. Tina has been teaching massage courses at Therapeutic Connections School of Massage since 2014. She teaches because of her love of learning and her passion for helping students to become engrossed in the anatomy and physiology of the human body.

This series of courses will teach you progressively to become familiar with the CranioSacral system, and how to use the principles of this method to treat the whole body.