

What is Craniosacral Therapy?

Craniosacral therapy enhances the function of the central nervous system. It helps bring balance and relaxed mobility to your whole body.

There are systems in your body that function involuntarily and move in constant and rhythmic motion such as the cardiovascular (heart) and respiratory (lungs) systems. The cranium (head) sacral (tailbone) system also has a constant rhythm. This motion is an essential feature to human life and health.

Monitoring the wave of the cerebrospinal fluid, which bathes the brain and the spinal cord in a watery world, the craniosacral practitioner can detect restrictions and blocks in the craniosacral system. By following the subtle and involuntary core motion of the 26 cranial bones, the expansion and contraction of the brain and the circular motion of the tailbone, adjustments occur that allow the circulatory and nervous systems to function smoothly, bringing natural healing and deepening self awareness.

The craniosacral practitioner uses a light touch (about the weight of a nickel) while monitoring craniosacral rhythm, and will make slow and careful contacts with the skull, spine or sacrum using techniques that facilitate specific releases. A gentle touch allows your body to fully focus on the internal work of self-healing and establishing a healthy core environment.

What are the Benefits?

Craniosacral therapy is beneficial and safe for people of all ages. It can help relieve and reduce acute symptoms, as well as chronically painful conditions. Since craniosacral therapy encourages your own natural healing it will benefit your overall health and resistance to disease.

Craniosacral therapy is especially effective in reducing or eliminating problems from trauma. Dramatic improvement is often seen whether the trauma is physical or emotional, recent or old.

Some benefits include the elimination or reduction of:

- Headaches and Migraines
- Temporomandibular Joint Dysfunction (TMJ)
- Chronic Neck and Back Pain
- Stress and Tension Related Problems
- Chronic Fatigue
- Traumatic Brain and Spinal Cord Injuries
- Sinus Problems
- Post-Traumatic Stress Disorder
- Addiction
- Pre and Post Surgery Trauma
- Other nervous system disorders

Using touch that focuses on energy, deep areas that may be blocked or imbalanced can gently begin to release, relax and open up. Feelings of wholeness, pain relief and inner connections are often experienced.

“Barbara Vos has a very special gift for healing that moves beyond what most body workers are able to do. Her ability to reveal a person’s own curative power is extraordinary, and her understanding of energy in every form is her unique strength.”
Janet T.

What is Massage Therapy?

Your body repairs itself through out your lifetime, but with each year becomes a little less efficient. Though aging is inevitable, you can take steps to maintain or improve your flexibility, coordination, strength & energy no matter how old you are. Appropriate exercise & good nutrition are important. Restful, rejuvenating sleep is essential. Regular massage can also improve physical & mental well-being throughout your life.

The basis of massage is touch. It is so natural to us that without it people can become depressed. It is a healing instinct in all of us to rub an aching shoulder or a bruised elbow. Headaches, aches & pains, stress & tension, insomnia & nervousness can all be alleviated with a simple treatment- massage.

Some of the benefits of massage include:

- Reduces muscle pain & tension
- Increased circulation
- Enhances metabolism
- Induces a more restful sleep

Practical Considerations

Communication

All sessions are responsive to your specific needs. A brief discussion of your health history and what you want from the session will inform the direction we take.

For example, if you are receiving a massage you may want relief for tight shoulders or sore feet. You may need relief for jaw pain or sore low back in a craniosacral session. You may want calm, to connect with your own inner rhythms and experience what occurs.

Clothing

All types of sessions can be enjoyed in loose and comfortable clothing.

Craniosacral Therapy: During the session you will rest face up on the treatment table wearing loose fitting and comfortable clothes.

Massage Therapy: I will leave the room while you undress and get on the massage table. You will be covered except for the area being massaged. The room will be a comfortable temperature.

Before a session

It is best not to drink coffee or other stimulates for a few hours before a session.

After a session

Before getting up from the table give yourself a few minutes to reorient from a deep state of relaxation. Be sure to drink extra water over the next 24-48 hours.



Barbara Vos

Barbara has a deep belief in the natural self-healing abilities we all possess. Her bodywork can help relieve pain, restore feelings of balance and allow for deepening self-awareness. She has offered private sessions since 1998.

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Gift certificates and on site visits
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