



Healing from the Core and The Upledger Institute Present



Introduction to *Full Body Presence* and *CranioSacral Therapy*

This special, three-day educational opportunity partner's two groundbreaking modalities for the first time in a beautiful, retreat-like setting at Warner Springs Ranch!

Full Body Presence Overview

Saturday, August 14

Participate in this experiential workshop and gain valuable skills to help you tap the energy and alchemy of deep transformation.

In six hours of lecture and experiential work, we will overview the profound *Full Body Presence* work developed by Suzanne Scurlock-Durana, CMT, CST-D. You will learn to effectively:

- Rejuvenate and nourish yourself in healthy ways.
- Understand the dynamics of your unique energy patterns.
- Create healthy boundaries that enhance your connection to the world...while avoiding burnout.
- Remain grounded and present, even in extreme stress.

This class is an excellent introduction to (or review of) the four-day workshop *Full Body Presence: Grounding and Healthy Boundaries*.

Instructor: Cheri Bailey, BS, CST, NCBTMB
www.iahp.com/cheri

Prerequisite: None. Six CEUs available.

More info: www.HealingFromTheCore.com

Introduction to CranioSacral Therapy

Sunday & Monday, August 15-16

CranioSacral Therapy is one of the world's most talked-about holistic body therapies. *Time* magazine named its founder, Dr. John E. Upledger, one of America's "next wave of innovators."

Blending lecture, demos, and hands-on practice, this 12-hour program allows you to:

- Explore the anatomy of the craniosacral system and its relationship to illness and pain.
- Use light-touch palpation skills to assess key locations where the craniosacral rhythm is best evaluated.
- Practice connective tissue releases for the pelvic & respiratory diaphragms, thoracic inlet, & hyoid.
- Learn such techniques as mobilizing the sacrum, dural tube rock and glide, V- spread, & stillpoint.

This class is an excellent introduction to (or review of) the four-day workshop *CranioSacral Therapy I*.

Instructor: Karen Axelrod, BA, CST, NCBTMB
www.iahp.com/karen

Prerequisite: None. 12 CEUs available.

More info: www.Upledger.com

Tuition for the three days is \$448.

Cost includes textbook, study guide, and daily continental breakfast.

Individual workshop fees are: Full Body Presence \$169. Intro to CranioSacral \$319.

Course hours: 9:00 a.m. to 6:00 p.m. Sat. & Sun., 8:00 a.m. to 3:30 p.m. Mon.

To register: Call 760-782-9907 or email Cheri.R.Bailey@gmail.com

All registrations must be received by August 4, 2010

These workshops are held at the beautiful mountain resort, *Warner Springs Ranch*, in the backcountry of San Diego. Special room rate of \$105/night (rooms sleep up to six) plus discounts on world-class spa services are available through www.RanchSpa.com. Workshop participants have free access to parking, mineral pools, saunas, tennis & hiking trails when booking overnight lodging accommodations. For more information about the ranch, go to www.WarnerSprings.com.