WELL-BEING INITIATIVE 2012/2013
TABLE MASSAGE
CRANIAL SACRAL THERAPY

Table Massage or Cranio Sacral Therapy- $25 for 25 minutes* – Horton Hall 205

All massage is with clothing on, no oils used. **Participants may schedule two consecutive appointments (as available) for a 50-minute massage for $50**.

CranioSacral Therapy (CST) is a method used by massage therapists, naturopaths, chiropractors and osteopaths, who manually apply a subtle movement of the spinal and cranial bones in an attempt to bring the central nervous system into harmony. This therapy involves assessing and addressing the movement of the cerebrospinal fluid (CSF), which can be restricted by trauma to the body, such as through falls, accidents, and general nervous tension. By gently working with the spine, the skull and its cranial sutures, diaphragms, and fascia, the restrictions of nerve passages are said to be eased, the movement of CSF through the spinal cord can be optimized, and misaligned bones are said to be restored to their proper position. CST is used to treat mental stress, neck and back pain, migraines, TMJ Syndrome, and for chronic pain conditions such as fibromyalgia.

*Payment is made at the time of service.

Sessions are available on the following dates and times:

EMMA CLITES- Massage

Feb 5	3:00-5:00
Feb 19	9:00-2:00
Mar 12	9:00-5:00
Mar 26	1:00-5:00
Apr 9	1:00-5:00
Apr 23	9:00-5:00
Apr 30	9:00-2:00
May 14	9:00-2:00

KEN BOYER- Massage or CST

Jan 16	11:30-4:30
Jan 30	11:30-4:30
Feb 13	11:30-4:30
Feb 27	11:30-4:30
Mar 6	11:30-4:30
Mar 20	11:30-4:30
Apr 3	11:30-4:30
Apr 17	11:30-4:30
May 8	11:30-4:30
May 22	11:30-4:30

Six sessions of Massage or Cranial Sacral therapy qualify for **25 Healthy U points!**

Registration is required.

Registrations may be submitted via:

- Email to mwilson@ship.edu
- By phone to extension 3107