



WELL-BEING INITIATIVE 2011/2012

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- Tuesdays

Jan 24	9:00-12:00
Feb 7	9:00-12:00
Feb 14	9:00-12:00
Feb 28	9:00-12:00
Mar 6	9:00-12:00
Mar 20	9:00-12:00
Mar 27	9:00-12:00
Apr 10	9:00-12:00
Apr 17	9:00-12:00

KEN BOYER- Massage or CST- Wednesdays

Feb 1	11:30-4:30
Feb 22	11:30-4:30
Mar 14	11:30-4:30
Apr 4	11:30-4:30
Apr 25	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