

# Cranio Sacral therapy



***Pitch 7:***

***Therapist: Sarah Luck***

***CranioSacral Therapy is an amazingly effective method with almost instant improvement in many difficult cases. It is safe, gentle and non-invasive, performed by a very light touch***

Sarah is a cranio sacral therapist. This therapy can be used to treat many conditions at all ages. It is extremely gentle, non-invasive, and causes no discomfort or disturbance to the client; nor does it have any risks or adverse side effects. It is, for this reason, particularly suitable for the treatment of babies and children.

The aim of the treatment is to identify areas of restriction, compression or tension through the body which may in turn be impeding proper function of organs, muscles, nerves, blood vessels and body tissues in general. These restrictions may be the result of injury, infection, inflammation, emotional tension or underlying pathologies. They may also be caused by the compressive pressures of the birth process.