



COLORADO SCHOOL OF
ENERGY STUDIES

INTRODUCTION TO CRANIOSACRAL THERAPY



August 4-8, 2010



**Instructor
John Chitty,
RPP, BCST**

This five-day class provides a basic overview of the prerequisite practitioner skills and the theoretical basis for the Biodynamic Craniosacral Therapy methods advocated by Franklyn Sills of Devon England.

Craniosacral Therapy derives indirectly from the work of William Sutherland, DO (1873-1954) who devoted decades of study of his discovery of the phenomenon of subtle movement in the body, including remarkable therapeutic implications. In the years since Sutherland, diverse interpretations of his work have emerged, ranging from manipulative approaches to subtle reflective methods.

Franklyn Sills, author of the critically-acclaimed Craniosacral Biodynamics, teaches a gentle form of Craniosacral Therapy that emphasizes healing from the inside-out. The term Biodynamic refers to the inherent forces that create and sustain the system. Drawing from the original teachings of the work's pioneers, this style emphasizes the inherent intelligence of the client's system and its ability to determine and guide the healing process. Instead of the practitioner trying to push the client to a hypothetical ideal state, the practitioner subtly supports the client's own process to greater self-regulation and balance. The results are gentle and profound.

John Chitty, co-author of Energy Exercises, is trained by Franklyn Sills. He offers instruction in the Biodynamic method at Colorado School of Energy Studies, in Boulder, CO.

This workshop is designed for:

- Anyone seeking an initial practical introduction to biodynamic therapy principles that are applicable to any therapeutic work.
- Experienced CST practitioners who wish to explore the reflective style developed by Franklyn Sills.
- This class also meets the course requirement of the Pre- and Peri-Natal Birth Process Training taught by Ray Castellino or Myrna Martin.

The course will include both theoretical and experiential learning, and attendees will gain skills that can be applied right away, regardless of whether or not further training is taken in the method.

COST
\$650

TIME
Wednesday-Sunday
9-5 daily except Sunday 9-4 pm

LOCATION
100 Arapahoe, Ste. 4
Boulder

**PRE-REGISTRATION
REQUIRED**

ENROLLMENT
Contact us at the address
below, or use the form on
our website.

CE HOURS: 32.5

*Approved for NCBTMB, APTA & CSTA/NA
Continuing Education Credit*

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