

## Equine Craniosacral Therapy Benefits

Craniosacral therapy enhances all forms of healthcare, complementary or allopathic. For those interested in becoming an active participant in managing their health, experiencing craniosacral therapy is a direct route to learning how to do just that.

1. It awakens and reinstates the body's own ability to hear, listen and act on what is needed for the optimum function of which it is capable at the moment.
2. It reminds the body that it can "let go" after trauma has occurred!
3. It restores the ability to relax.
4. It frees the body from repetitive motion syndrome.
5. It restores flexibility from a cellular level all the way out to the skin and beyond.
6. It teaches through experience.
7. It encourages restrictions in the body to soften which permits the return of blood and nerve supply to areas so blocked that they could eventually become a place for disease to begin.
8. It helps us learn that pain is a signal that we have work to do with our body. It will guide us through a process of "connecting the dots" of pain and discomfort within ourselves along a personal journey of what we are doing, eating, saying and thinking that is at the root of imbalances in our bodies.

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