

Fundamentals of Craniosacral Work

Level I March 1st: 6 to 8 pm, 2nd & 3rd, 9 am to 5 pm

Level II April 12th: 6 to 8 pm, 13th & 14th, 9 am to 5 pm

training with

Louise Preston and Julie Franklin

at Dragonfly Yoga Studio in Penn Valley CA
17328 Penn Valley Drive, Suite D

Early bird fee \$250 for each class, then after February 8 (for Level I) or March 22 (for Level II) \$325 for each class

Contact Louise at (530) 273-2338, louise@softcom.net or
Julie at (530) 272-3187, juliefranklin@hotmail.com to register or learn more.



This course is appropriate for both new students as well as those who are continuing to deepen in craniosacral work. You will learn craniosacral system anatomy, key principles, and core techniques that you may integrate into your healing practice.

Louise and Julie have both completed training with the Milne Institute in Visionary Craniosacral Work, and Louise has taught for the Milne Institute since 2001. Julie is an instructor of yoga and acupressure as well.

Craniosacral Work helps unblock restrictions to the core of our being: our central nervous system. We work in a gentle hands-on manner to sense and encourage the free flow of cerebrospinal fluid, release of membranous and bony restrictions and support well being in the body. Clients often report a new level of relaxation and sometimes the resolution of headaches, neck and jaw problems, and more.