



## OPEN CENTER ADVANCED PROGRAM OVERVIEW

### **Certificate of Excellence in Craniosacral Unwinding: A Certificate Training in Six Modules**

#### ABOUT THIS PROGRAM

With **Gary Strauss**

Cranial Unwinding is based on the research of the brain, spine, dural tube, and cerebrospinal fluid (CSF). The dural tube and other meningeal linings make up a membranous system that surrounds the spinal cord; the space between it and the spine, as well as around the brain, is filled with CSF. There is a rhythmic pulsation that keeps the tube and fluid in motion. Holistic practitioners can feel this rhythm, and with a very gentle touch of about five grams, can manipulate the ebb and flow which promotes healing on multiple levels, especially through the use of the nervous system.

At the center of this kind of energy, work is the motivation to restore balance in the energy field within the neck, spine, and pelvis. By moving the energy, you can remove blockages and restore flow and bring balance back to life.

#### **The Six Modules Include:**

Polarity Immersion - TBA

Craniosacral Unwinding 1: Orientation & Understanding – Click [HERE](#) for info & to register

Craniosacral Unwinding 2: Craniosacral 2: Technique & Perception - TBA

Craniosacral Unwinding 3: Trauma & Life Issues - TBA

Elements: The Language of Chakras - TBA

Holding Space Way & Distance Healing - TBA

#### **What is Integrative Craniosacral Therapy?**

**Integrative Craniosacral Therapy** is a non-invasive clothed bodywork that deals with the bones, fascia and fluid of the head, spine and pelvis. We will be exploring a basic protocol that moves us from the energetic systems of the body to the denser form of fluid with the cerebral spinal fluid; denser

yet into the transverse fascial membranes or diaphragms and the reciprocal tension membranes of the cranium and finally to the density of the bones of the cranium, spine

and pelvis. It impacts the nervous system profoundly and therefore, every system of the body. Releases may be accessed for the

sympathetic nervous system (the system involved in the fight or flight response and stress) thereby allowing for greater tone in the parasympathetic nervous system (where all healing response in the body takes place). On some level this restoration of the body's natural healing abilities enables craniosacral therapy to have a positive impact on all disease processes of the body, mind and spirit.

**Gary B. Strauss, BCPP, RPE, MS** is a renowned Polarity Therapy and CranioSacral Unwinding practitioner and instructor who has trained and mentored thousands of students nationally and internationally. He is the founder and director of Life Energy Institute and Polarity Healing Arts of CA. His "holding space" method is the result of his 30-plus years' experience in energy medicine, nutrition and natural healing.