

Harmonizing Your Craniosacral System

17 Exercises for Relaxation & Self-Treatment

Daniel Agustoni



Harmonizing Your Craniosacral System Cd 17 Exercises For Relaxation And Self Treatment

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Harmonizing Your Craniosacral System Daniel Agustoni, 2011-06-14 Harmonizing Your Craniosacral System Self Treatments for Improving Your Health offers exercises developed to promote healing body awareness and relaxation. The book's techniques are based on the principles of craniosacral therapy, a hands-on approach that works gently with the spine, skull, sacrum, and connective tissue in the body to release pain and tension. Simple to perform, the exercises can be done either sitting or lying down and each can be completed separately or as a unit. The book is unique because it is the only one that features self-treatment for craniosacral therapy. The book begins with a description of the craniosacral system and its relationship to other body systems. Awareness and perception exercises cover breathing techniques and methods for sensing the parts of the body and its craniosacral rhythm. The quality of touch and exact finger and hand positions are discussed, and detailed instructions are provided for each self-treatment involving the sacrum, iliosacral joints, connective tissue, head, and facial bones. Illustrated with 105 full-color photographs and 9 black-and-white anatomical drawings, the book concludes with helpful information about professional craniosacral therapy, treatments, terms, and definitions, and an alphabetized summary of self-treatments.

Craniosacral Therapy for Children Daniel Agustoni, 2013-02-05 Craniosacral Therapy for Children introduces a craniosacral therapy treatment protocol for babies and children up to 12 years of age. A gentle hands-on healing approach, craniosacral therapy releases tensions in the body in order to relieve pain, resolve trauma, and improve physical and emotional health. Author and craniosacral therapist Daniel Agustoni discusses the reasons for treating young children and for beginning treatment during pregnancy. He explains how the stress of birth can cause asymmetries and misalignments in babies' bodies that can lead to problems later in life, from suckling problems, abdominal colic, and fragmented sleep patterns to anxiety, hyperactivity, and ADD. Agustoni demonstrates how craniosacral therapy can also offset the effects of stress, trauma, and PTSD that may affect the growing child, depending on his or her environment, biology, and temperament. Enhanced with over 120 instructional photos and illustrations, the book's hands-on techniques are presented along with suggestions for interacting with parents, babies, and young children. The book discusses methods of evaluation and treatment following structural, functional, and biodynamic models. Engaging case examples describe the therapeutic results of the treatment, which include increased security and confidence, relaxation, support for the immune system, and a sense of well-being. An important resource for healthcare practitioners, this book is also useful for educators, parents, and caregivers interested in learning new ways to help their children.

Harmonizing Your Craniosacral System Daniel Agustoni, 2007-11 The gentle touch of craniosacral treatment initiates extensive relaxation on a physical and energetic level throughout the whole body. In sensing the body's own craniosacral rhythm flowing through the cerebrospinal fluid, you can gently release tension and stress from your system. With a bit of practice, you can feel the craniosacral rhythm in the entire body, initiating well-being and boosting the immune system in a sustainable way. This book provides a variety of easy-to-follow exercises for self-treatments. You can

perform the exercises either sitting or lying down either as separate exercises or as your own individual program Depending on the number of exercises you perform it will take you between 3 and 30 minutes to complete a treatment Craniosacral self treatment promotes healing from within supports self regulation and harmonizes the whole body Book jacket

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