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Craniosacral Therapy Practitioner Expands With Opening Of New Office In Shelburne

BY BARBARA YOUNG

Eddie Yovu has expanded her craniosacral therapy practice with the opening of an office at 145 Pine Haven Shore Road, Suite 2162 in Shelburne. Yovu occupies the suite with Balance in Childhood, a neurodevelopmental therapy practice owned and operated by Connie Helms.

Yovu also provides therapeutic services at her office in Middlesex.

Yovu offers her clients services in craniosacral therapy, resonant kinesiology, and harmonic singing. Craniosacral is a healing art in which gentle contact is applied to the bones of the cranium and spine.

The therapy addresses the fluids and tissues of the spinal chord and central nervous system, and the inherent rhythms and tides therein. It releases blockages and restores an unrestricted flow and movement.

Yovu received a Bachelor of Arts in Transpersonal Psychology from Burlington College. She studied with Burlington-based Susan Borg and completed the Resonant Kinesiology Training Program.

Yovu has also studied with the Upledger Institute in Florida and completed advanced courses including "The Brain Speaks" and "Pediatrics." Yovu completed Hugh Milne's Visionary Craniosacral Work at the Milne Institute in California. In the area of northern Vermont, she has been involved in using cranial work with children at the Green Mountain Waldorf School in Wolcott and the Lake Champlain Waldorf School in Shelburne.

"I began working with children in 1995. I've worked with children in three different Waldorf schools in New England," said Yovu. "The way I generally work with children is a series of four sessions.

"I work through the cranial system in the body, freeing restrictions and allowing the system to make some changes. For most children, four sessions are sufficient. Children's systems are still pliable and flexible, still soft and malleable. Changes happen quickly." The children



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that Yovu works with have problems that include learning challenges, math and reading problems, temper tantrums, head injuries, and visual problems.

Yovu's adult clients generally have more sessions. "Adults come for pain relief from back injuries, migraines, temporo-mandibular dysfunction, grinding of the teeth, depression, anxiety, and panic attacks," she said. The treatment plan for adults is client driven; they decide how often they want to come. "It's meant to develop the clients' awareness of taking care of their body.

"My goal is to empower clients to get more and more in touch with their own bodies, to sense what their bodies need. Part of cranial work is developing a relationship with your body and developing trust with the body. Most people don't have a relationship and trust with their bodies," Yovu explained. □

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