

UPLEDGER INSTITUTE

Aquatic CranioSacral Therapy



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Presenter

Two-thirds of our Mother Earth is covered with water. Sixty to Seventy percent of our bodies are made up of water.

Much as our rivers and oceans are polluted by phosphates from pesticide run-off and our oceans are clogged with plastic trash, our bodies are full of toxins and accumulated blockages that pollute our homeostasis.

CranioSacral Therapy (CST) is a smooth and effective method of helping our bodies clear and clean this debris. CST in the water is nothing short of magic.

We are formed in saltwater and floating in the ocean or in a (preferably) salt water pool is a powerful tactile reminder to our entire system of this evolution. Water facilitates the body's memory for cleanness, elimination, wholeness and detoxification. Our bodies depend on water. It regulates body temperature, lubricates joints, carries nutrients and oxygen to cells and moistens the tissues of the eyes, ears and nose.

Supporting each other in this wonderful medium, with the added benefit of

marine life energy in the ocean, allows us to release physical, emotional and mental stored blockages, old injuries, stuck issues and stress related dysfunction.

CranioSacral Therapy is a light touch, hands-on therapy that releases restrictions in the craniosacral system which surrounds the brain and spinal cord. It improves the central nervous system, allowing it to better relieve stress and strengthen resistance to disease. The craniosacral system is a semi-closed hydraulic system within the tough membrane, the Dura Mater, surrounding the brain and spinal cord. Cerebral spinal fluid is produced, circulated and reabsorbed to maintain the environment where the nervous system develops, lives and functions.

Each of us has the innate ability to heal ourselves and others and can develop the practice and use of this healing ability with learning and practice. In CST, we use a light touch, hands-on connection, blending our energy with the electrical energy of the client. We then meld or join with their energy flow and follow their bodies innate healing sense to affect positive changes and release restrictions. Contacting, relaxing and blending connect us to the client.

In the water we support our client floating on the surface. Touch is maintained although light and minimal, allowing them to feel free to move but supported enough to feel safe and relaxed.

Being in the water, whether it is a pool, hot tub, lake, river or ocean, accelerates the efficiency of treatment through exposure to sun, minerals, oxygen, negative ions, water and sea life and the salt water/saline solution that is similar to amniotic fluid. It is easier for the body to release emotions and blocks in the water, as it recognizes these elements.

CranioSacral therapy strengthens the immune system and positively affects the endocrine system and the biochemistry of the body. CST also promotes fluid exchange that improves the body's ability to balance all of its systems and irrigate unwanted metabolic waste products. We use many of the same techniques as we do on the massage table. However, some have to be adapted to the movement and fluidity of the water environment.

There are many areas of restriction in our bodies. Injury, illness, stress, accidents, genetics, family patterns and emotional learned behavior and reactions all tend to imprint in our >

> tissues in one way or another. CST focuses on whatever restrictions and stuck patterns the client and their body are ready and willing to let go of, and the therapist facilitates these regional tissue releases through various techniques and movements. These movements come from the client, sometimes set free by the ease of motion in the water and the support of the therapist(s). As congestion eases and dissolves, restoring full circulation of all bodily fluids, there is often a verbal release, sigh, deep breath, heat release, tissue softening or spreading and reduction of stiffness and pain.

There are also techniques that can be used in the water to release the spinal vertebrae. Opening the occipital/atlas joint(OA) and gaining more mobility in the lumbar/sacral region are important releases that can more easily be accomplished in the water. Without gravity and the body's own weight we can achieve a fluidity and flexibility just not available on the table. Releasing the OA joint helps increase the range of motion of the head and neck allowing the free flow of blood, oxygen and nutrients to and from the brain. In the ocean, waves can apply a gentle traction down the spine, releasing other vertebra and helping the spine find its ideal alignment.

Another key factor in this work is intention. It is paramount that the therapists stay focused and set an intention to remain present and engaged but not invasive. We can accomplish much with our intention and following the clients body and process instead of imposing our own agenda of "healing" is central to this work. Every one's body knows what is needed to heal and we set our intention to follow their inner guidance and help them reach their goals.

The therapeutic community of multi-hands aquatic craniosacral therapy also incorporates the "trade" principle where each person in the group gets to experience being the client as well as one of the therapists. Sessions usually run 30-45 minutes and then we rotate so everyone gets a session. The bonding, that goes on during this group experience can be profound and the intensity (amperage) of each therapist's additional electrical current makes for rapid change, growth and release, helping to build self-esteem and confidence.

Dr. John E. Upledger developed the craniosacral therapy techniques that we use today. He worked as a DO(Osteopath) and family physician in Florida and did extensive work with Autistic children in Michigan. In the Upledger Institute in West Palm Beach he held week long intensive programs in his clinic there. He worked with traumatic brain injury, PTSD, Veterans, car accidents, CP, MS, seizures and traumatic injury to name a few. Techniques and classes are taught worldwide by an extensive and experienced staff in Pediatrics, emotional release techniques, brain and immune system applications, water work, visceral and lymph.

CranioSacral Aquatic Therapy combines multi-hand therapy, floating, sea water/pool water, giving and receiving, group sharing and altered brain wave states with craniosacral hands-on techniques to produce a unique and powerful healing modality. Pleasant, powerful and potent, enjoy an aquatic CST session and float your troubles away!

UPLEDGER INSTITUTE AQUATIC AND BIOAQUATIC CLASSES

These classes explore our connection to water, ocean and ocean life using Craniosacral Therapy in an environment that furthers healing and wholeness in connection with nature. In general, the classes include introductions, orientation, a structured swim with dolphins, pool work, group discussions, a dolphin assisted therapy session and ocean treatments in group sessions. The bioaquatic therapy includes individual, group and relationship work exploring experiences with the dolphins, ocean life, nature and their function in co-healing. These programs will allow you to spend time in the water with dolphins, discovering the magic of these wise and sensitive creatures as well as explore, integrate and apply beginning through advanced CranioSacral Therapy techniques in cooperation with bioaquatic and dolphin-assisted dynamics. You will also experience multi-therapist application of Advanced CranioSacral Therapy techniques while working in small groups in the water; and in a traditional land-based setting. The classes are listed below in order of least to most experience(pre-requisites) required.

- BAEI 2-day introductory workshop to help develop a holistic, cooperative relationship with the ocean and its healing sources while performing CST techniques. A dolphin swim, pool session and ocean therapy day combine with a focus on connection with our environment to provide a deep healing experience.
- BEAC 4 day class for beginning level CST therapists, with a dolphin swim and dolphin assisted therapy session and two ocean therapy days.
- BAES 4 day class for SER level CST therapists with dolphin swim, dolphin assisted therapy and two ocean days.
- BAEA 4 day class for Advanced CST therapists, same as above.
- BADA 4 day class with dolphin assisted therapy each day. This advanced level CST class is for therapists to learn and prepare to assist in the DACTP therapy programs. Prerequisites required. Pool or ocean sessions each day.
- BAER 4-day class for therapists and their non- CST friends or family members to share and learn about aquatic CST. Dolphin swim and dolphin assisted therapy session and daily pool or ocean sessions.
- DACTP Program for Patients 4 day Therapy programs for clients. Dolphin therapy each day with pool or table sessions daily.

For more information please visit:
www.upledger.com
www.integrativeintentions.com

Excerpts from Ocean Therapy: An Exploration of Aquatic Healing – By David Dolan 2006