



Dear Colleague

**CranioSacral Therapy I** is open for registration and you are invited to attend. The instructor will be Ragnar August Axelson and the venue will be somewhere in Christchurch. The dates are:

**8-11 April 2010**

Bookings are taken in NZ\$ either by cheque, electronic transfer or credit card, please see the details below. For enquiries or to register for CSTI or future courses contact the Sponsor – Xanthe Ashton

**xanthe@upledger.co.nz**

**Phone: +64 (03) 322 4858**

**Course Fees:** NZ\$795

Early bird fee NZ\$745 – NZ\$150 deposit to reserve a place, balance due 2 months prior (8 Feb)

Full fee NZ\$795 – NZ\$160 deposit to reserve a place, balance due 1 month prior (8 Mar)

Student fee NZ\$400 – NZ\$50 deposit to reserve a place, balance due 1 month prior (CST1 only)

Repeat fee NZ\$600 – NZ\$150 deposit to reserve a place, balance due one month prior (8 Mar)

**Course Description:** Few systems have as much impact on the human body as the craniosacral system. It protects and nourishes the brain and spinal cord - and affects nearly every aspect of central nervous system performance.

That's why CranioSacral Therapy is so critical to your healthcare practice. Developed after years of university research and testing, it allows you to release fascial restrictions anywhere on the body that may be impinging the craniosacral system and every other system it interacts with.

In this workshop you'll learn gentle techniques to normalize the craniosacral system and allow the body to self-correct. By unraveling pain and dysfunction at the source, you'll naturally help eliminate stress, strengthen resistance to disease, and enhance health in every dimension.

**Course Highlights:** By the end of this 4-day workshop you should be able to:

- Describe the scientific foundation and principles of CranioSacral Therapy - and why it's the key to relieving pain and dysfunction at their source
- Demonstrate finely tuned palpation skills you can rely on as highly sensitive and intuitive healthcare tools
- Identify the subtle craniosacral rhythm and interpret its patterns to accurately evaluate dysfunction and improvements
- Locate the source of physical problems by travelling through the fascial system, that complex web of tissue that impacts all body structures and systems
- Release dural tube restrictions to enhance interactions between the central nervous system and the rest of the body



- Use techniques that produce dramatic health and relaxation effects, including Direction of Energy and Still-Point Induction
- Work with approaches to a number of common ailments such as TMJ dysfunction, head and neck pain, central nervous system disorders and many more
- Put a simple, effective 10-Step Protocol into practice right away

**Prerequisite:** Professionally established healthcare practitioner, registered and insured with relevant bodies. Current practice should include a manual therapy modality. If you have never experienced CranioSacral Therapy for yourself, it is recommended, but not required, that you have a session prior to class. This will help you gain valuable insights into how the technique works and what its effects are on the body. To find a CranioSacral Therapy practitioner in your area, go to [www.iahp.com](http://www.iahp.com) and Search for a Practitioner. We recommend putting in only the city name in the search criteria to find someone in your general area.

**Required Advance Reading:** CranioSacral Therapy, chapters 1-6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA; *Your Inner Physician and You* by Dr. John E. Upledger

Textbooks can be purchased from Upledger NZ by contacting Xanthe Ashton by phone (03) 322 4858 or online from the USA at [www.upledger.com](http://www.upledger.com)



**CSTI Registration Information:**

**Course Date:** 8-11 April 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

Professional Qualification \_\_\_\_\_

**Payment details**, please indicate your preferred payment method:

1. Cheque enclosed made payable to Upledger NZ
2. Electronic payment, give name and course as reference:  
Bank - ASB  
Account number - 12-3188-0111602-03  
Account name - Xanthe Ashton T/A Upledger NZ  
SWIFT code for international electronic transfers - ASBBNZ2A
3. Credit Card (Mastercard/Visa only) please give card number, expiry date, name on card and security code (please note there is a 2.5-4% transaction fee for processing credit cards)

Card Type (Mastercard/Visa)

Card Number \_\_\_\_\_

Expiry date \_\_\_\_\_

Name on card \_\_\_\_\_

Security code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Amount to be charged now:

Deposit \_\_\_\_\_ OR Full amount \_\_\_\_\_

Permission to charge balance to credit card prior to course

Yes/ No

Send posted applications to: Upledger NZ, PO Box 37-199, Halswell, Christchurch 8245

**Cancellation Policy:** Tuition is fully refundable up to 30 days prior to a class or may be applied toward another class at any time. A NZ\$50 processing fee applies for cancellations made inside of 30 days. Cancellation requests must be made in writing.