

LIC MA#41678

*Michelle Stoppi*

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CranioSacral Professional Educator & Retreat Facilitator

C R A N I O S A C R A L M I A M I . C O M



Michelle Stoppi, MA LMT

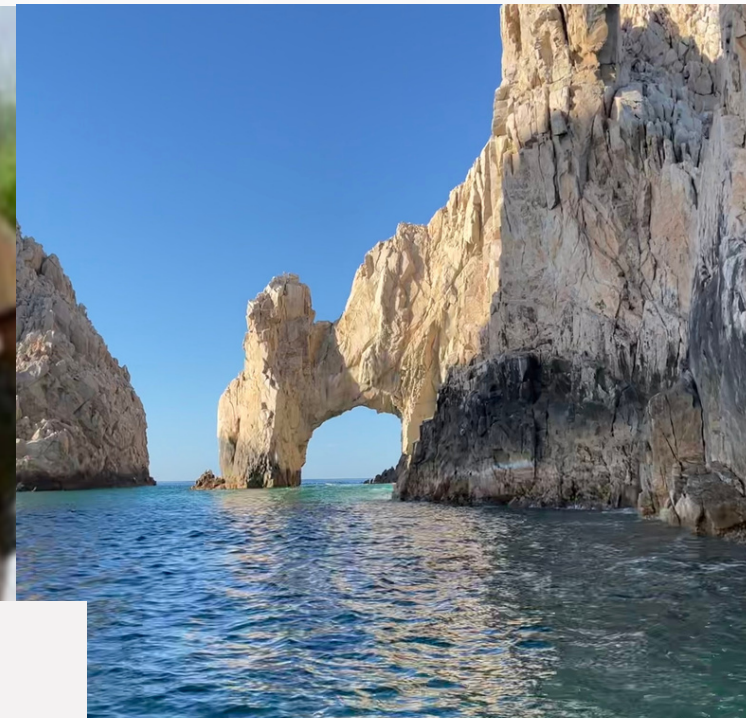
## *Bio*

Therapist, retreat facilitator and educator at five star spas & internationally acclaimed wellness centers around the world. Since 2001, Michelle has maintained a thriving CranioSacral Therapy practice in Miami Beach, Florida. She brings to the table a Masters Degree in Psychology, decades as an Advanced Yoga Therapist, and years of living and learning in the Far East.

Michelle's treatments quiet the mind, unwind the body, calm the nervous system and fill the soul with light.



# *Visiting Master Retreats*



CranioSacral-based retreats help guests access their nervous systems for healing through techniques that are based on science, psychology and bioenergetics. We immerse ourselves in a journey geared to the unique resort destination and learn how to ground, empower and thrive.



# *Visiting Master Workshops and Private Sessions*

As a visiting therapist, I offer master classes along with private sessions at spa resort destinations.

Sample workshops include:

## **Workshop 1: Grounding (2-3hrs)**

Delve into your nervous system to ground and empower your soul's journey. Through discussion, targeted relaxation exercises and guided visualization, you will be led out of fight or flight mechanisms, into connection with the greater biomagnetic energy flow of the Earth, its waters, and all of life.

## **Workshop 2: Empowerment (2-3hrs)**

Discover your own unique mental survival mechanisms that actually disempower you (They keep you stuck in sympathetic nervous system activation). We will begin to strip them away and internally explore how a connection to the universal source of energy can be used to replenish your health and energy resources.

## **Workshop 3: "Grace" (2 -3hrs)**

Discover how to sit so deep inside yourself that the world reveals itself to you as the day goes by - versus rushing, searching or worrying about what is next. You will be guided on how to align with the universal bioenergetic truths that sustain inner energy flow, and how to connect with and allow whatever "calling" that specifically inspires you to flow through you to share with the world.



# *Private Practice*

Michelle has a thriving craniosacral therapy practice for over twenty years in Miami Beach, FL. When needed, she blends CranioSacral Therapy with other modalities, creating her own style for maximum benefits. Michelle treats all kinds of clients, from celebrities to newborns. She accepts new clients on an extremely limited basis.







*The Breakers, Palm Beach, FL*

## *Continuing Education*

Michelle has developed a unique CranioSacral Therapy curriculum, protocols and course books, drawing from 20 years of experience practicing and training licensed healthcare workers.



# Course Offerings



CranioSacral Techniques Levels 1 & 2 (up to 36 hrs)  
CranioSacral Myofascial Release (6 or 12 hrs)  
CranioSacral Lymphatic Bodywork\* (12 hrs)  
CranioSacral Therapy for Infants\* (6 hrs)

*\*For Licensed Therapists already skilled in CranioSacral Therapy*



## Course Descriptions:

### CranioSacral Techniques

#### Level 1 (6, 12 & 18hr)

Step into the fascinating world of CranioSacral Therapy. Learn how to assess and treat the CranioSacral System. We will explore how to create space in the body and cranium for the CranioSacral System to function more effectively. In this class you will:

- Palpate the components and mechanisms of the CranioSacral System and the CranioSacral fluid tides.
- Explore areas where connective tissue can get restricted in the skeletal frame and cranial sutures.
- Discover how those restrictions create CranioSacral strain patterns in the body and Cranial vault, which may cause symptoms and/or pain.
- Understand how the CranioSacral system relates to the nervous system and the sense of wellness and full body presence in yourself and clients
- Develop the skills that enable you to assess CranioSacral movement in order to identify areas where the system is challenged.
- Release key areas of the Craniosacral system that can result in profound relaxation responses in the body and nervous system, thru the use of gentle manual techniques, including the facilitation of Still-points.
- Practice, and be able to receive, a 1 hr CranioSacral Massage protocol that assesses and improves the functioning of the CranioSacral system
- Delve deeper into your ability to feel and assess CranioSacral movement by switching focus from the movement of bones, to palpation of. movement in the fascia.
- Begin to discover how to follow the body into CranioSacral restriction patterns and how to help them unwind.



## **CranioSacral Techniques**

### **Level 2 (18hr)**

This course will take your CranioSacral palpation & treatment skills to the next level, including examining and treating the CranioSacral components and mechanisms of the face, as well as inside the oral cavity. We will also further explore the felt sense of full body presence for therapist and client. In this course we will:

- Review and reinforce your ability to feel CranioSacral movement.
- Further explore CranioSacral respiration and the felt sense of full body presence for therapist and client.
- Practice how to palpate and follow the body's CranioSacral movements into its particular restriction patterns and how help them to release.
- Discuss the bones, sutures and landmarks of the face and intra-oral cavity and their role in CranioSacral functioning.
- Learn how CranioSacral strain patterns contribute to face & jaw pain, stress and dysfunction.
- Practice CranioSacral Massage techniques to release strain patterns in the face.
- Explore CranioSacral Mouthwork; techniques for releasing strain patterns inside the oral & nasal cavities.
- Practice, and be able to receive, a protocol for CranioSacral Massage Techniques for the face with optional intra-oral and intra-nasal release work.



## **CranioSacral Myofascial Release Techniques (6hr)**

In this course we will delve further into the living fabric of our being, the connective tissue web, as you learn Myofascial techniques that free up the fascia surrounding Central Nervous System. This course focuses on gently releasing key areas of the spine, cranium and face. The techniques use minimal effort on behalf of the practitioner for maximum relief, which helps your ability to treat more clients without compromising your own health. In this course you will:

- Practice how to release key areas of the connective tissue membrane system that surround the axial skeleton that can result in profound relaxation responses in the body and central nervous system
- Learn Myofascial techniques for the bones of the face that enhance eye, ear, nose, throat, TMJ & sinus health
- Receive and Practice a CSMR 1 hr massage protocol for connective tissue release for optimal nervous system, cranial & spinal health.

*\*Students must complete CSF1 in order to take this abbreviated 6 hr techniques course. It is not necessary to be able to palpate CranioSacral Rhythm in order to successfully perform these techniques.*

## *Resort Client List*

The Breakers Spa, Palm Beach

The Fisher Island Spa, Miami

The-Well Integrative Wellness Center, NYC

Auberge Resort at Blue Sky, Park City, Utah

Auberge Esperanza Resort , Cabo San Lucas,  
Mexico

Auberge Hacienda Alta Gracia, Costa Rica

