

LIC MA#41678

# CranioSacral Techniques

## Levels 1 & 2

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36hr CEU Course in Miami FL  
9am-6pm Feb 12-13 & Feb 26-27, 2023

with Michelle Stoppi, MA LMT



Michelle Stoppi, MA LMT

## *Bio*

Therapist, retreat facilitator and educator at five star spas & internationally acclaimed wellness centers around the world. For over 20 years, 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.





*The Breakers, Palm Beach, FL*

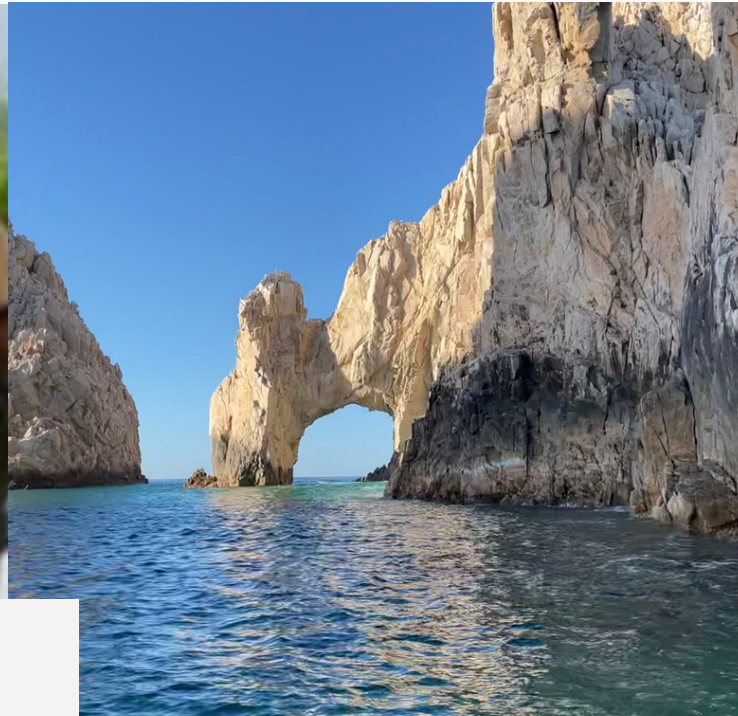
## *Continuing Education Credits*

2022  
CraniosacralMiami

Michelle has developed a unique CranioSacral Therapy curriculum, protocols and course books, drawing from 20 years of experience practicing and training licensed healthcare workers in Miami's top Massage Training centers, as well as internationally. **The course includes 36 hours of NCBTMB credits toward license renewal.**



# *Practical Techniques Focused Training*



CranioSacral Therapy helps people access their nervous systems for healing through gentle techniques that are based on science and bioenergetics. You will spend one week in a small group lead by Michelle, with hands on guidance, in downtown Miami, FL.

# *Course Descriptions: CranioSacral Techniques Level 1 (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.



## *Course Descriptions: 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.

## *Course Registration*

Registration is done directly through contacting Michelle via email ([Michelle@stoppi.net](mailto:Michelle@stoppi.net)) or phone/text (305) 502-5525. The Level 1 and 2 four day course cost is \$475.

Payment is due by April 1, 2023. Refunds/cancellations will be permitted up to 2 weeks before Feb 11, 2023

