

# *Cranio Sacral Techniques 1*

**with Michelle Stoppi, MA LMT**

**Massage Therapy Continuing Education Course**

**Sun & Mon May 19 & 20, 2024**

**9:30am - 4:00pm at Gifted Hands Spa**

**Highlands, NC**

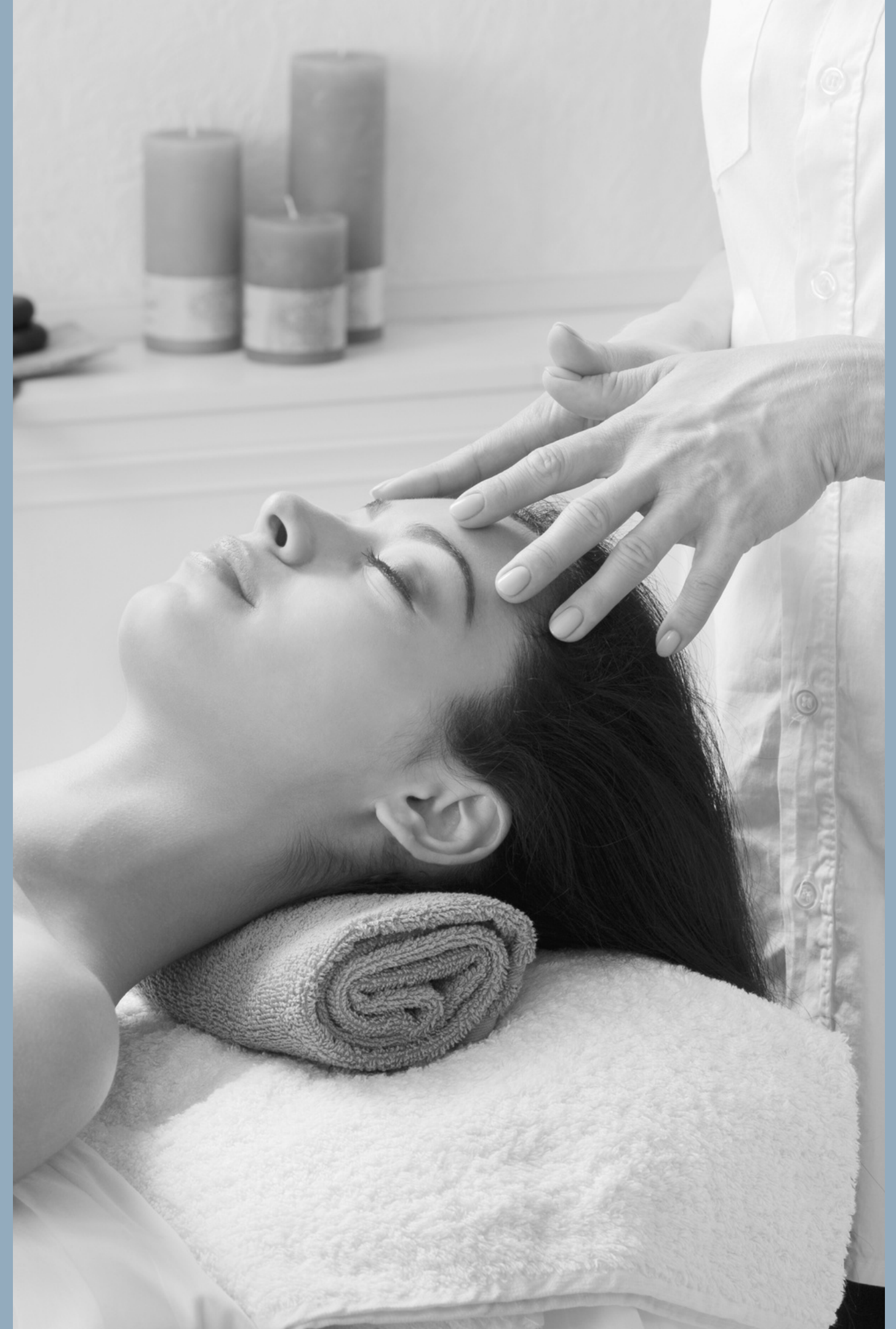
**12 NCBTMB Approved CEU's**



## *Registration*

For course registration and questions please contact Michelle Stoppi through email ([Michelle@stoppi.net](mailto:Michelle@stoppi.net)) or text (305) 502-5525.

- Course fee is \$300 for level 1. This includes materials & 12 NCBTMB CEU's.
- Registration closes on May 5. Refunds/cancellations will be permitted up until then. The course is open to all Licensed Healthcare Workers, or permission of instructor.





Michelle Stoppi, MA LMT

## *Bio*

Michelle is a practicing CranioSacral 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 from Boston University, 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.





## *Continuing Education Credits*

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.

**This 2 day level 1 course includes 12 hours of NBTCMB CEU's.**



# *Practical Techniques Focused Training*



CranioSacral Therapy helps people reset their nervous systems for healing through gentle manual techniques that focus on using the bones as handles to free up soft tissue, and are based on science and bioenergetics. This small group will allow for plenty of direct hands-on guidance, with time to also experience the magical Nantahala Forest during your stay.

## *Resort Client List:*

The Breakers Spa, Palm Beach - The Fisher Island Spa, Miami - The Riverview Spa New Smyrna Beach, FL - 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



# *CranioSacral Techniques Level 1 (12hr)*

Step into the fascinating world of CranioSacral Therapy! 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, 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 and release areas where the system is challenged which 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.
- Delve into your ability to feel and assess CranioSacral movement by switching focus from the movement of bones, to palpation of movement in the fascia.
- Learn a 1 hr CranioSacral Massage protocol that assesses and improves the functioning of the CranioSacral system

