

LIC MA#41678

Michelle Stoppi

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



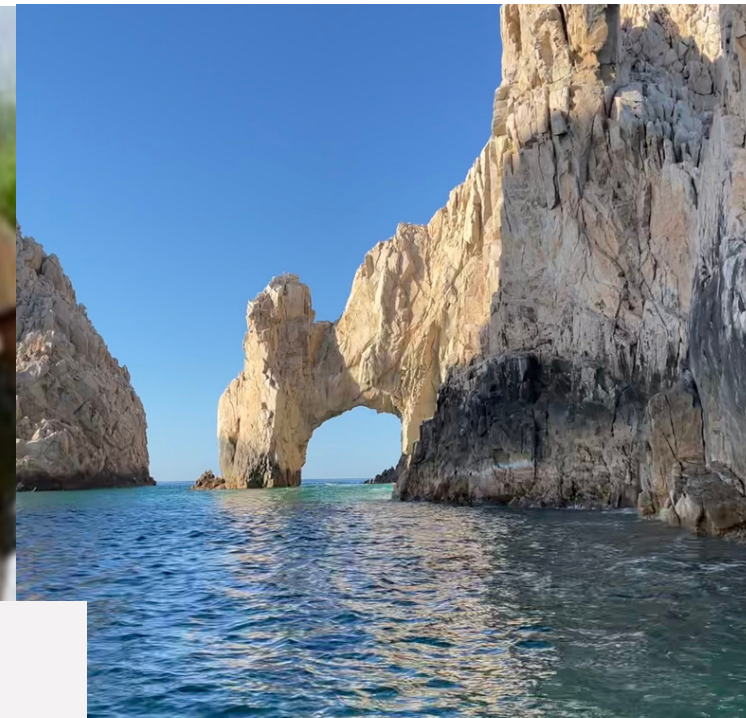
Michelle Stoppi, MA LMT

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.

Group Sessions (1 Hour)

Guided Meditations:

Entering Relaxation

Observe how to sit deep inside yourself - allow the world to reveal itself to you as the day goes by.

Energetic Connection

Replenish your energy resources through a guided meditation for grounding, filling, and healing through connection to the Earth's biomagnetic energetic field that exists all around us.

Water Meditation

Allow yourself to be nourished and supported by the ocean within.

Chakra Energy Flow

Align with the universal truths that open and sustain your inner and outer energy flow.

Visiting Master: Group Intensive Workshops

As a visiting therapist, I offer master classes at spa resort destinations. Sample workshops include:

Workshop 1: Grounding (1-3hrs)

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 (1-3hrs)

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" 1-3hrs)

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.

Workshop 4: Discover CranioSacral Rhythm (2hrs)

Discover your Craniosacral Rhythm: Learn about your Craniosacral System with Master Craniosacral Therapist Michelle Stoppi. Explore how to feel your own craniosacral rhythm, aka the voice of the body and the breath of your nervous system. Practice simple self-massage techniques to help it function.

Private Sessions

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*

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

