

# CRANIOSACRAL THERAPY & VAGUS NERVE SUPPORT

Body Awareness, Relaxation,  
& Nervous System Regulation



A gentle, non-invasive hands-on therapy that benefits whole body health, supports treatment for a multitude of conditions and is effective for infants, children and adults. It offers a gentle approach to relieving restrictions in the body and increasing our nervous system's capacity for health, harmony, and well-being.

## HOW IT WORKS

- Client is fully clothed and practitioner's touch is light and still; sessions are ~1 hr
- Establishing comfort and settling is an important first step; you will be guided through this process
- Depending on client concerns, the session can focus on parts of the body that need the most support with or without dialogue
- The practitioner listens to the subtle rhythms and tracks changes in your system

## DURING THE SESSION, YOU MAY

- Relax so deeply that you fall asleep
- Enter a quiet meditation-like state
- Feel as if you are dreaming while awake
- Experience memories or insights
- Enjoy a pleasant sense of warmth, softening, widening or floating

## BENEFITS

- Breathe more fully and deeply
- Control blood pressure, diabetes, autoimmune disorders, and more
- Manage anxiety, depression and post-traumatic stress symptoms
- Feel more positive and confident
- Find a new sense of peace, ease and calm

## ***FOR MORE INFORMATION CONTACT TAYLOR***



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Cape Fear Acupuncture

