

NORTHWEST CRANIAL ASSOCIATION Presents

Honoring Our Mothers:
Craniosacral Therapy
for Mother's Day,
A Public Service Event

May 14th, 2017 from 2-6:00 pm

Location: East West College of the Healing Arts
525 NE Oregon Street, Portland, OR 97232



In honor of Mother's Day, we're inviting members of the community to bring themselves and their mothers to experience and receive the gentle, healing benefits of Cranial Sacral Therapy.

Mother's Day is a day of peace, reflection, and healing. It is a time to honor our roots and nurture our future. An opportunity to come together, slow down, and touch in with the heart's care of where we all arise from. We all have mothers.

Cranialsacral therapy is a gentle hands-on approach of listening to and following the body's natural rhythms. Just as doctors listen to your heart and lungs with a stethoscope, practitioners of cranialsacral therapy listen to your body's movements and rhythms with their hands.

Beginning before birth, our bodies expand and contract three-dimensionally, slowly and very minutely. This movement is called the "cranial rhythm" and maintains health and life. Cranialsacral therapists listen to this rhythm and offer gentle support for the body's natural health and healing. Cranialsacral therapy does not interfere with other therapies nor does it have any contraindications.

People who experience cranialsacral therapy report a deep sense of relaxation, rest, and vibrancy following a treatment session. The Northwest Cranial Association looks forward to sharing the gift of cranialsacral therapy with Mother's and members of our community.

To reserve a spot for a mother or related community member email NWCA Board Member Sarah Hall at sarahhall7@me.com.

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