CranioSacral Therapy (CST) Craniosacral therapy is a gentle,

non-invasive, hands-on healing modality that focuses on the

wave-like rhythmic pulse that goes through the entire body.

CranioSacral Therapy stems from osteopathy, which is an

approach that emphasizes the role of the musculoskeletal

system in health and disease.

It is a gentle, hands-on approach that releases tensions deep in

the body to relieve pain and dysfunction and improve whole

body health and performance. It was pioneered and developed

by Osteopathic Physician: Dr. John E. Upledger after years of clinical testing and research at Michigan State University and served as professor of biomechanics.