

# CRANIOSACRAL BIODYNAMICS

Craniosacral biodynamics is one of the gentlest and nevertheless (or precisely because of this) effective method of holistic alternative naturopathy, as both the physical structures and the emotional and spiritual aspects are included in the treatment process.

Through the mindful encounter and inviting impulses, the body is given space and time to turn back to its inner principle of order and healing and to release states of tension.

"Often the hands know how to unravel a mystery that the mind has struggled to solve in vain."

- Carl Gustav Jung

As an energetic, non-manipulative, manual technique, craniosacral biodynamics is used to support many acute and/or chronic ailments, but also for well-being.

After my 3-year training as a craniosacral practitioner, I placed a special focus on the areas of headaches, migraines, dental adjustments, teeth grinding, TMD, tinnitus and neck.

Nevertheless, "Cranio" is almost always a helpful support for physical and mental states as in pregnancy, childbirth ... from the newborn to the end of life ... male, female and diverse ....

**Do not hesitate to contact me with your special request.**

mailto: [info@im-leo.at](mailto:info@im-leo.at) or call +43 664 225 9914

## Process:

After you have contacted me and made an appointment, we will meet for a short initial meeting to discuss your personal concerns.

Then you will sit or lie down, comfortably dressed, on the therapeutic table, with most treatments taking place in the supine position. The duration of a session is approx. 50 minutes; for infants and children or for pure jaw issues (e.g. dental adjustments) approx. 30 minutes.

Noticeable changes should have occurred after a maximum of 5 treatments; preventive sessions at intervals of about 2-3 months are also proven, but of course you will always be accompanied at your own pace.

## What is "Cranio"?

Craniosacral bodywork works through light body contact with certain grips and techniques, which takes place in silent communication with the different tissue structures (bone, muscular, connective and nerve tissue). Through the trained perceptual ability of my hands and excellent anatomical and physiological knowledge of the human body, it is possible for me to recognize blockages, congestion, states of tension and compensatory movements.

**Gentle impulses invite the body to self-regulate following the inner healing plan with its own wisdom. Old disorders are released from the body's memory and make way for new patterns.**

All solid, semi-solid and liquid structures (bones, ..., membranes, water, cerebrospinal fluid) of our body are living substances and have a pulsating intrinsic mobility that can be palpated over the entire body. In craniosacral biodynamics, a distinction is made between three different rhythms with distinguishable cycles (= roll-in plus expansion phase): CRI (craniosacral rhythm, 6-12 cycles/min.), midtide (1-3/min.) and longtide (very stable rhythm of 100 seconds/cycle).

Deviating rhythms, balancing movements, tension patterns, ... point to the healing activity of the body, which always strives for health.

***Exclusion criteria for craniosacral treatments are acute inflammation, emergencies, severe head injuries, increased intracranial pressure, head tumors and severe mental illnesses.***

Please ask your trusted doctor for advice if you are unsure whether craniosacral treatments are suitable for you. I don't make any promises of healing and I don't make any diagnoses. A craniosacral session does not replace a medical and/or therapeutic visit.