

Dear Colleague

CranioSacral Therapy 1 is open for registration and you are invited to attend. The instructor will be Xanthe Ashton. There are two courses to choose from either Christchurch or somewhere in Auckland/Hamilton area TBC. The dates are:

March 22-25 2012 Christchurch
June 14-17 2012 North Shore, Auckland

Bookings are taken in NZ\$ either by cheque, electronic transfer or credit card, please see the details below. For enquiries or to register for CST1 or future courses contact the Sponsor – Xanthe Ashton

xanthe@upledger.co.nz
Phone: +64 (03) 322 4858

Course Fees: NZ\$795

Early bird fee NZ\$745 – NZ\$150 deposit to reserve a place, balance due 2 months prior

Full fee NZ\$795 – NZ\$160 deposit to reserve a place, balance due 1 month prior

Student fee NZ\$400 – NZ\$50 deposit to reserve a place, balance due 1 month prior (CST1 only)

Repeat fee NZ\$600 – NZ\$150 deposit to reserve a place, balance due one month prior

Course Description: Few systems have as much impact on the human body as the craniosacral system. It protects and nourishes the brain and spinal cord - and affects nearly every aspect of central nervous system performance.

That's why CranioSacral Therapy is so critical to your healthcare practice. Developed after years of university research and testing, it allows you to release fascial restrictions anywhere on the body that may be impinging the craniosacral system and every other system it interacts with.

In this workshop you'll learn gentle techniques to normalize the craniosacral system and allow the body to self-correct. By unraveling pain and dysfunction at the source, you'll naturally help eliminate stress, strengthen resistance to disease, and enhance health in every dimension.

Course Highlights: By the end of this 4-day workshop you should be able to:

- Describe the scientific foundation and principles of CranioSacral Therapy - and why it's the key to relieving pain and dysfunction at their source
- Demonstrate finely tuned palpation skills you can rely on as highly sensitive and intuitive healthcare tools
- Identify the subtle craniosacral rhythm and interpret its patterns to accurately evaluate dysfunction and improvements
- Locate the source of physical problems by travelling through the fascial system, that complex web of tissue that impacts all body structures and systems
- Release dural tube restrictions to enhance interactions between the central nervous system and the

rest of the body

- Use techniques that produce dramatic health and relaxation effects, including Direction of Energy and Still-Point Induction
- Work with approaches to a number of common ailments such as TMJ dysfunction, head and neck pain, central nervous system disorders and many more
- Put a simple, effective 10-Step Protocol into practice right away

Prerequisite: Professionally established healthcare practitioner, registered and insured with relevant bodies. Current practice should include a manual therapy modality. If you have never experienced CranioSacral Therapy for yourself, it is recommended, but not required, that you have a session prior to class. This will help you gain valuable insights into how the technique works and what its effects are on the body. To find a CranioSacral Therapy practitioner in your area, go to www.iahp.com and Search for a Practitioner. We recommend putting in only the city name in the search criteria to find someone in your general area.

Required Advance Reading: CranioSacral Therapy, chapters 1-6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA; Your Inner Physician and You by Dr. John E. Upledger

Textbooks can be purchased from Upledger NZ by contacting Xanthe Ashton by phone (03) 322 4858 or online from the USA at www.upledger.com

CST1 Registration Information:**Course Date:**March 22-25 2012 - Christchurch June 14-17 2012 – North Shore, Auckland

Name _____

Address _____

Phone _____

Mobile _____

Email _____

Professional Qualification _____

Payment details, please indicate your preferred payment method:

1. Cheque enclosed made payable to Upledger NZ
2. Electronic payment, give name and course as reference:
Bank - ASB
Account number - 12-3441-0021089-00
Account name - Xanthe Ashton T/A Upledger NZ
SWIFT code for international electronic transfers - ASBBNZ2A
3. Credit Card (Mastercard/Visa only) please give card number, expiry date, name on card and security code (please note there is a 4-6% transaction fee for processing credit cards)

Card Type (Mastercard/Visa)

Card Number _____

Expiry date _____

Name on card _____

Security code _____

Signature _____ Date _____

Amount to be charged now:

Deposit _____ OR Full amount _____

Permission to charge balance to credit card prior to course

Yes/ No

Send posted applications to: Upledger NZ, PO Box 37-199, Halswell, Christchurch 8245

Cancellation Policy: Tuition is fully refundable up to 30 days prior to a class or may be applied toward another class at any time. A NZ\$50 processing fee applies for cancellations made inside of 30 days. Cancellation requests must be made in writing.