# Cranial Touch:

## The Art & Practice of Craniosacral Bodywork

**When:** Sunday, March 18, 10-6pm
**Where:** Root & Branch Acupuncture,
2409 Sacramento St Suite 2
SF, CA 94115

**Cost:** $150
$125 by February 18, 2018
**To Register:** Submit payment online
www.catorshachoy.com
**??? Contact:**
catorshachoy@gmail.com

The Cranial wave is a subtle body pulse. When we tune into this body rhythm, we become deeply connected, calm, peaceful, at ease. We feel a part of the whole - our sense of separation falls away. Moving with awareness of the cranial wave allows our actions to be integrated. We are less prone to injury, and more in harmony with others.

Come and learn the principles of Craniosacral bodywork. This workshop includes a lecture/power point about the cranial wave, guided movement to integrate awareness of the cranial wave in our bodies & minds, and hands on cranial techniques. In this way we create a 360 learning experience – intellectual, visceral, experiential, contacting the wave in your own body and other bodies.

*This workshop is open to anyone interested in learning more about Craniosacral bodywork and the Cranial wave.* No previous experience needed. It will be of special interest to massage & bodywork practitioners, Yoga teachers & practitioners, Dancers, Movers & Shakers & other curious beings.
***Advance Registration required. No drop-ins please*

Questions??? catorshachoy@gmail.com visit www.catorshachoy.com

***Cator Shachoy*** *is a Craniosacral Practitioner, Yoga Therapist & Mindfulness Teacher. She began each of these practices in 1990 to heal chronic illness. Through consistent training in these disciplines, she recovered her strength and vitality. Cator is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute with a specialty in Pediatrics, an E-RYT 500 through Yoga Alliance and MBSR instructor. She is in private practice in San Francisco & Berkeley, and teaches workshops weaving together wisdom from each of these traditions. www.catorshachoy.com. Cator is the Founder of Youth Yoga Dharma, a 501c-3 non-profit dedicated to sharing yoga & mindfulness with youth – www.youthyogadharma.org*

Cancelation policy: Full refund before February 18/ No refund after February 18, 2018.