

Starting Position: Lying flat on back



By applying gentle pressure to the base of your head, you can create a pause in the rhythm of the craniosacral system. These still points increase the movement of fluid through your system, which can remove tissue tension and improves your body's ability to relieve pain and stress naturally. Simply lying in a relaxed position with two tennis balls in a sock positioned at the base of your skull for 10 to 20 minutes a day can bring about comforting results

- * Helps relieve headaches
- * Eases chronic musculoskeletal pain
- * Enhances immune system efficiency
- * Facilitates your body's self-correcting abilities
- * Provides deep relaxation and helps reduce stress
- * Promotes an overall sense of well-being

CST Exercises:

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FYI: Craniosacral therapy is a gentle method of enhancing the functioning of the Craniosacral system, which consist of the membranes and cerebrospinal fluid that surrounds and protects the spinal cord.