

# CRANIOSACRAL THERAPY FOR COUPLES

## For conception through parenting



### WHAT IS IT

Craniosacral Therapy is a light touch bodywork that promotes self-healing, self-regulation and a deeper connection to oneself. Bringing awareness to your central nervous system, fluid bodies within your system, and energy, Craniosacral Therapy restores health and balance within your body. The nervous system dictates all of the body's functioning, which is why this work is so important.



### GOAL:

The goal of these six sessions is to create a deeper connection between you and your partner. When babies are born they regulate their system off of mom's nervous system. In order to create more coherency for baby and within the family unit mom's need someone to regulate their own nervous systems off of. Without layers of support, moms will end up feeling depleted. My goal with these sessions is to help create more connection and synchronicity within both of your nervous systems so that as you journey into parenthood you have tools and resources to support you individually, in your relationship and your family.

These sessions are designed to bring your body into balance and optimal health for conception, pregnancy, postpartum, and/or parenting.

### WHAT TO EXPECT:

I ask that you commit to a minimum of 6 sessions:

*In the initial session...*

The three of us will meet to discuss what's coming up for you both. I'll then lead you through sensing into your own body from a craniosacral perspective. From there we'll move into a partner exercise where you will play around with negotiating space and contact between yourself and your partner. The goal of this first session is to get to know each other and to give you both a foundation of craniosacral therapy because you will both be co-facilitating with me in the following sessions.

The following 5 sessions are:

- Individual sessions (minimum of one session each)
- Partner sessions - one partner on the table and the other co-facilitating with me, then we'll switch who's on the table for the next session.
- An Integration session to wrap up our time together

## **BENEFITS:**

- Strengthens your relationship
- Connect with your partner in ways that you may have never experienced before
- Prepares your mind, body, and spirit for growing your family
- Restores balance in the body
- Restores resiliency to your nervous system
- Relieves stress and anxiety
- Prepares your body for conception
- Supports the body through fertility, pregnancy, and parenting challenges

## **For individual sessions:**

During the individual sessions, you are fully clothed as I lightly hold different parts of your body, most often at your head, sacrum, or feet. Generally sessions are silent, however, communication is important as we move through the session. By the end, you may feel more relaxed, rested, and rejuvenated.

During the session, you may:

- Relax so deeply that you fall asleep
- Enter a quiet meditation-like state
- Feel as if you are dreaming while awake
- Notice a physical release of restriction, pain or tension
- Visualize colors
- Experience memories or insights
- Emotions that you may or may not be able to explain
- Enjoy a pleasant sense of warmth, softening, widening or floating
- At times, you may experience stored sensations releasing from within your body. Quite often there will be a letting go of patterns that inhibit your health.
- You may experience a sense of integration in your body, mind, and spirit.