

# CranioSacral Therapy in Water™ Training Program

## CranioSacral Therapy in Water™ Module 1

### Course Description

The recently accepted Tensegrity Model as Human Body Model presents the body as a three-dimensional structure expanding from cellular to extracellular level. Our body has been considered a system of pulleys, axes and handles, but this is not happening anymore. Nowadays we consider that every part of physical body, mind, soul and emotions are interconnected and interacting.

This gives even more importance to treating CranioSacral and Fascial System. CranioSacral System maintains physiological ambience for Brain and Nervous System, and Fascial System, a unique structure of anatomical continuity along the body, contributes to body biomechanical behaviour.

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.

Applying CranioSacral Therapy in Water™ multiplies its therapeutic effects in this state of ingravity where hydrostatic pressure awakes corrective movement in the body. On the other hand, Water as a great facilitator, impulses the learning process of the explorer and the sensitivity of palpation needed to feel the CranioSacral Rhythm, the Life Breath.

### Program:

- Therapist 's Attitude
- CranioSacral System
- Conscious Touch and Listening
- Fascia and Diafragms
- Cranial Base and Lumbosacral Release
- Dural Tube
- Still Point and CV-4
- V-Spread
- SomatoEmotional Release®
- Cautions

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.

### Course Highlights:

By the end of this 3-day workshop you will 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 traveling through the fascial system
- 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
- Put a simple, effective Protocol into practice right away

#### **Prerequisites:**

- Watsu® Basic.
- Professional healthcare practitioner, student in a healthcare program or graduate of awaiting licensure/accreditation.
- 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.

#### **Required Advanced Reading:**

Your Inner Physician and You by Dr. John E. Upledger

## **CranioSacral Therapy in Water™ Module 2**

### **Course Description**

Understanding the body as an interrelated Unity where more tangible areas coexist with the more subtle, the Facilitator finds a space for self-knowledge. These bases provide the therapeutic frame where, wrapped by the support of the Water, the Patient's healing process is possible.

From immersion in a deeper anatomical knowledge, we explore the frontiers of healing, with the CranioSacral System as a guide.

An accident, illness, a stressful situation or an emotionally devastating experience, may have effects that extend beyond the physical. The energy that accompanies the trauma can be retained, repressed or isolated in the body in a non-conscious level when the problem has apparently been resolved. Then a complication arises that simply does not address.

That's where SomatoEmotional Release® intervenes. A new paradigm for understanding the link between our minds and bodies.

Once the cells and tissues can speak directly, easily lead Therapist and Patient in an efficient and effective way back to Health. This is the future of modern medicine.

#### **Program:**

1. Consciousness
2. Cranial Membrane System

3. Temporomandibular Joint
4. Non Verbal Communication. Non Violent Communication
5. Somatoemotional Release®
6. Multiple Hands
7. Clinical Applications

CST in Water™ Module 2 studies cranial-base dysfunctions as diagnosed and treated by Dr. William Sutherland, the "father of cranial osteopathy". The course material and hands-on sessions will focus on cranial base dysfunctions, mandible and temporomandibular joint; whole body evaluation; and the energy cyst with regional unwinding. An introduction to SomatoEmotional Release will also be presented.

### **Course Highlights:**

By the end of this 5-day workshop you will be able to:

- Discover how to integrate Sutherland's technique for identifying lesions into the CranioSacral Therapy Protocol.
- Enhance your ability to conduct whole-body evaluations focusing on the physiological phenomena that occur.
- Practice evaluating and treating cranial-base dysfunctions.
- Explore the concepts of SomatoEmotional Release and Energy Cysts.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills.
- Observe skilled demonstrations and participate in hands-on practice.

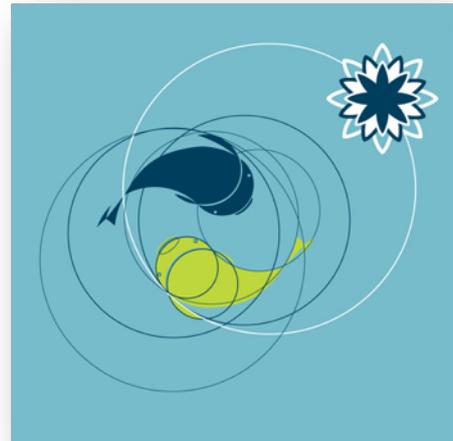
### **Prerequisite:**

CST in Water™ Module 1 and thorough working knowledge of the Protocol.

## About the Instructor

Elisa Muñoz Blanco  
Watsu® Basic Instructor, Certified Assistant and  
Practitioner.  
CranioSacral Therapy in Water™ Creator and  
Instructor.  
WatsuPath™ Founder.

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Elisa decided to embody her personal motivation, the Service to the Other, and graduated as a Physiotherapist in 2001 by the European University of Madrid. She has studied and worked in Europe, Asia and America with the world's best masters, and always in contact with water.

Elisa is an expert in Craniomandibular Disorders and Orofacial Pain, Manual Lymphatic Drainage, CranioSacral Therapy and SomatoEmotional Release®, Bioenergetics, Traditional Thai Massage and Thai-Yoga Therapy, Zen Meridian Stretching, Osteopathy and Myofascial Release®.

Following a parallel path of personal growth through meditation and other disciplines, she has developed the capacity for observation, synthesis and integration.

Since 2007, the year she began her WatsuPath™, till today, she has immersed in the Principles of Watsu® through her learning process with the most experienced hands: Harold Dull, among others, and primarily, Giovanni Bacarani, her mentor.

In 2010 she was invited to share her knowledge, and created CranioSacral Therapy in Water™, a method she is teaching in several countries through WatsuEurope School, as well as in different Spanish Universities.

Finally, with Michele Chelenza and Giovanni Bacarani, Elisa became Watsu® Instructor in 2011. She is currently an active promoter of Watsu® expansive motion in Spain, offers sessions in various centers and pools at Madrid, as well as in Talavera de la Reina, Toledo.

Elisa brings, in each session and each class, the Joy of sharing from the Heart, the active listening and the loving and conscious touch in the water.

WatsuPath™ - CST in Water™ is a registered service mark of Elisa Muñoz Blanco.