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# CranioSacral Manipulation

*A Somatoenergetic Approach*

**Level 1**

**Arnie Lade RAc, RMT**

In Victoria, BC

November 20-23, 2009

**CranioSacral Manipulation** is a gentle healing art that works with a subtle, yet palpable rhythm emanating from the brain and spinal cord. This work activates one's inherent self-healing capacity and facilitates deep changes within the entire self – in terms of structure *and* function. We focus on the body's soft tissue, bones and fluid dynamics as applied to the Craniosacral system.

This workshop is the first in a series of three 4-day workshops through which you can learn the fundamentals of CranioSacral Manipulation, including simple and effective treatment protocols. Participants will be given a reading assignment prior to each workshop. Also, a review & practice session will be scheduled between workshops. (Level 2 & 3 will be scheduled 2-3 months apart in early 2010.)

*Please register early - class size is limited to 10 participants.*

**Arnie Lade** is a Registered Acupuncturist, Massage Therapist, and a *Guild Certified Feldenkrais Practitioner*<sup>CM</sup>. Arnie has a wide background in hands-on healing arts and is founder of Somatoenergetics, a unique healing discipline outlined in his book *Energetic Healing: Embracing the Life Force*.

Arnie originally trained in Polarity, massage and manipulative therapies before studying acupuncture in China in the early 1980's. In 1985 Arnie began his studies in CranioSacral with Dr. Dan Bensky DO in Seattle. He has taught his innovative form of Craniosacral Manipulation over the last 18 years. He is also the author of *Acupuncture Points: Images and Functions*, as well as coauthor of *Tao and Dharma: Chinese Medicine and Ayurveda*, and *Chinese Exercises and Massage*. Arnie practices in Victoria, BC.

Required reading before the workshop: *Craniosacral Therapy* by John Upledger ISBN 093961601;  
Optional reading: *Energetic Healing, Embracing the Life Force* by Arnie Lade, ISBN 0914955462.

**Tuition Fee \$ 600 – including registration deposit of \$200**

For further information on this workshop and CranioSacral see:

[www.greenspiritresources.com](http://www.greenspiritresources.com)