



CranioSacral Manipulation

A Somatoenergetic Approach
with **Arnie Lade RAc, RMT**

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 in relation to the craniosacral system. Through the three level workshop series, one learns the fundamentals of CranioSacral Manipulation, including simple and effective treatment protocols.

Arnie Lade is a Registered Acupuncturist, Massage Therapist, and a *Guild Certified Feldenkrais Practitioner^{CM}*. 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.

Tuition fee per Level \$600 or \$1800 total.

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

Course Outline

Each level is taught in a 4-day workshop of approximately 28 hours of teaching and practice time. There will be homework and practice assignments after each workshop, with 3 hours of group review & practice between segments.

Descriptions of each Level provided below:

Level 1

Level 1 concentrates on the basic concepts and practice of CranioSacral work. This includes - listening to and interpreting the Cranial Rhythmic Impulse(CRI) via various *listening* positions on the body; understanding and inducing still point releases; decompressing the major cranial vault bones; freeing the sacroiliac joint; the CV4 technique; a simple treatment protocol; and how to integrate CranioSacral Level 1 into one's practice; as well as a review of basic cranial anatomy and functioning.

Outline:

1. History of CranioSacral Manipulation
2. Parallel Concepts: ancient, modern and energetic
3. Practising Listening
 - a) Melding and Touching
 - b) Self-listening
 - c) On the Cranium
4. Feeling the Rhythm: rate, amplitude, symmetry and force
5. General Review of CranioSacral Anatomy
6. The Four Listening Posts
7. Inducing a Still Point
8. The Special Role of Fascia and Qi
9. Transverse Fields
 - a) Pelvic Diaphragm
 - b) Respiratory Diaphragm
 - c) Thoracic Inlet
 - d) Hyoid Bone
 - e) Atlantoccipital Junction + Milking the CSF + Soft Tissue release
10. Practising Feeling the Rhythm and Still Point Release
11. Anatomical Slides
12. Decompressing the Cranium
 - a) Frontal Lift
 - b) Parietal Lift
 - c) Temporal Lift
13. V-Spreads
14. Practising Feeling the Rhythm and Still Point Release
15. TMJ Compression-Decompression
16. Sacral Compression-Decompression
17. Sacroiliac Release
 - +Ligamentous Release
 - +Sacroiliac Rocking
18. Sacral Still Point
20. Direct Cranial Dural Release
21. Classical Sphenobasilar Concepts
22. Cranial Base Anatomy & Sphenobasilar Dysfunction
23. Sphenobasilar Compression - Decompression
24. Cranial CV4
25. Review of Course Material
26. Integration of CranioSacral Concepts into One's Practice

Level 2

Level 2 is an extension of the beginner's training in Level 1 and focuses on freeing the restrictions of the cranial base. Special attention is given to the sphenobasilar articulation including the mechanics and functions of the occiput and sphenoid bones. Also explored in this workshop are the dysfunction and treatment of the temporal bones, freeing the pelvis and dural tube, as well as cranial base unwinding. There'll also be an opportunity for a review of Level I material.

Details:

Review and Questions

1. Classical Sphenobasilar Concepts
2. Cranial Base Anatomy and Sphenobasilar Dysfunction
3. Sphenobasilar Assessment and treatment
 - a) Flexion-Extension
 - b) Torsion
 - c) Sidebending
 - d) Lateral strain
 - e) Vertical Strain
 - f) Compression
4. The Temporals: Anatomy and Dysfunction
5. Temporal Assessment and Treatment
 - a) Mastoid Tip & Body Rocking
 - b) Circumferential Technique
 - c) Petrojugular Suture Release
 - d) Temporal-Zygomatic Release
 - e) Temporal Anterior Lift
 - f) External-Internal release & Balancing
6. The Pelvis: Anatomy and Dysfunction
7. The Pelvis Assessment and Treatment
 - Basic Laws of Manipulation
 - a) Ileum Unwinding
 - b) Sacroiliac – Long Fulcrum Release
 - c) Hip, Pelvis & Lumbar Integration
 - d) Sacral Balancing and Still Point
8. Review of Sphenobasilar concepts
9. Sphenobasilar Stacking technique
10. Cranial Base Unwinding
11. Dural Tube Unwinding
12. Review of Course Material
13. Integration of CranioSacral Concepts into One's Practice

Level 3

Level 3 deals with the mechanics and treatments of the facial bones, teeth and jaw. As well, we work with unwinding the eyes and their orbits, freeing the thorax and learning how to address the extremities and the whole body using craniosacral techniques.

Details:

1. Facial Bones \ Hard Palate
2. Anatomy and Bio-mechanics
3. Maxilla
 - a) Flexion-Extension
 - b) Torsion
 - c) Transverse Shear
 - d) Sutherland's Impaction technique
4. Glabella - Cruciate Release
5. Vomer
 - a) Flexion-Extension
 - b) Torsion
 - c) Transverse Shear
 - d) Impaction
6. Palatine - Test and Release
7. Zygoma Balancing
8. Orbits
 - a) Narrowing and Widening
 - b) Lachrymal Release
9. Nasal Bones - Spreading and Lift
10. Temporomandibular Joint
 - a) External & Internal Massage
 - b) Mandibular Rocking
 - c) Mandible Unwinding
 - d) TMJ Compression- Decompression
11. Teeth Unwinding
12. Facial-Fascia Moulding
13. Sutural CompressionDecompression Technique
14. Cranial for the Eyes
15. Eye Unwinding
16. The Thorax
 - a) Collarbone Release
 - b) Rib Release
 - c) Breastbone Release
 - d) Shoulder blade Release
 - e) Heart-Mind Synchronization
17. Whole Body Assessment ~ Feeling the Core
18. Local Joint Unwinding
Principles and Practise
19. Review and Integration of all Levels
20. Integration of CranioSacral Concepts into One's Practice