



**"BE STILL AND KNOW...!"
CRANIOSACRAL THERAPY FOR TOTAL WELL-BEING**

"Be still and know that I am God!" says the Psalmist. In our busy lives, how important it is to experience ways to relax, be still, and breathe deeply. Craniosacral Therapy is a gentle way to be still, soften our body, and harmonize body, mind and spirit. It is a calming process that enables us to experience wholeness within ourselves, to connect with our divine essence.

Craniosacral Therapy is a "soft-touch" form of body work that enhances the Craniosacral system, balances the fluids in our body, softens tense tissues, and calms the entire nervous system. It is a caring way to listen to and honor our body.

This workshop will give an overview of Craniosacral Therapy, discuss the many health benefits, demonstrate techniques, teach you a self-treatment you can offer yourself daily, and offer you a unique opportunity to experience the healing process of Craniosacral Therapy in the context of a spiritually-grounded environment.

Presenter: *Maureen Conroy, RSM, D.Min.*
Massage Therapist, Practitioner of Holistic Modalities,
Spiritual Director, Author, Craniosacral Therapist since 1997

Date/Time: Saturday, February 9, 2019 (9:30 am ~ 5:30 pm)

Place: Upper Room Spiritual Center
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07753
(Behind Holy Innocents Church)
office@theupper-room.org 732-922-0550

Fee: \$100 (Includes a 30-page handout)

Please bring bag lunch.
Continental breakfast, beverages and snacks provided.

Registration with full payment or \$50 deposit required by February 2nd

"Be Still and Know...!" Craniosacral Therapy for Total Well-Being Saturday, February *, 2019

Name: _____

Billing Address: _____

City/State/Zip _____ **Amt.Enc.** _____

Phone: (H) _____ **(C)** _____

Credit Card# _____ **Exp. Date** _____ **Sec. Code** _____

If paying by credit card please make sure name is as it appears on credit card.

Please mail to the Upper Room Spiritual Center at address above.