



Craniosacral Lymphatic Drainage Integration (CLI)

Instructed by Don Ash, PT, CSTA-CP

Registration Deadline: 16 March 2018

- Date:** April 13–April 15, 2018 (2.5-day course)
Maximum: 24 Registrants *Prerequisite: BE2 or CST Level 1/equivalent
- Time:** Friday 3:00 PM – 8:30 PM; Saturday and Sunday 9:00 AM – 5:00 PM
- Location:** Atlantic College of Therapeutic Massage – Fredericton Campus
440 King Street (Kings Place Mall)
Fredericton, N.B. E3B 5H8
- Fee:** \$450.00 (ANBMT members only) Non-Member: \$600.00
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
- CEUs:** 7.5 Category A CEUs (CMTNB Approved)

Course Details

"The lymphatics are closely and universally connected with the spinal cord and all other nerves, long or short, universal or separate and all drink from the waters of the brain."

-- A.T. Still

This new class from Don Ash "Craniosacral-Lymphatic Integration (CLI) (TM) is a three-day class for craniosacral therapy practitioners with a desire to enhance their practice with the knowledge and skills to integrate basic lymphatic manual technique into their CST treatment and practice.

In light of new and evolving research being published and appearing on sites such as www.CerebrospinalFluidResearch.com -- it is important that we explore and learn basic techniques in lymphatic drainage in order to enhance CSF re-absorption and make the Craniosacral System more efficient and our CST treatment more effective and complete. *Note that the above-referenced website is "Fluids and Barriers of the CNS" an open access, peer-reviewed journal that considers manuscripts on all CNS fluids and barrier systems in health and disease. It is affiliated with the International Brain Barriers Society (IBBS) and the International Society for Hydrocephalus and CSF Disorders (ISHCSF).*

Topics explored:

- Review of Lymphatic anatomy
- Review of Craniosacral structural anatomy
- Exploring the research suggesting the presence of lymphatic influence in the absorption of CSF in the brain, spine and body
- Basic CST and Lymphatic manual technique integration
- Clinical applications, conditions and precautions
- Extensive hands-on learning and supervised practice

The attending student will:

- Learn Lymphatic anatomy, location, structure and function
- Learn how to integrate lymphatic facilitation in a CST session
- Be able to recognize the symbiotic relationship between CST and CSF production and MLT and CSF re-absorption
- Be able to apply basic lymphatic techniques as part of a CST session as needed based on knowledge of clinical applications, contraindications and patient populations.

What to Bring

- Bolsters and pillows
- Lunch / water / snacks
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)

Suggested Reading:

- "Modalities for Massage and Bodywork, 2nd Edition" 2015 Elsevier: Chapter 7 "Manual Lymphatic Drainage" by Robert Harris and Chapter 4 "Craniosacral Therapy" by Don Ash and Sharon Desjarlais [available at Amazon](#)
- "Silent Waves" 2004 IHH Publishing by Bruno Chikly [available at Amazon](#)
- "Atlas of Human Anatomy" 1989, CIBA-GEIGY by Frank H. Netter [available at Amazon](#)

About Don Ash:

Don Ash, PT, CSTA-CP, is a craniosacral therapy practitioner, author and faculty member of the CST Alliance education and training center of New Hampshire. For many years Don trained directly with Dr. John Upledger and has taught beginning through advanced level CST work to students throughout the U.S. and around the world. Don is the author of three well-known CST publications: "The CST Handbook," "Lessons from the Sessions" and "Body of Water, Ocean of Mind." He brings over 25 years of craniosacral therapy experience and over 35 years of physical therapy experience to his practice in Rochester, New Hampshire. He has an undergraduate degree in Psychology from Huron University and a physical therapy degree from University of Pennsylvania. You can learn more about Don at www.CSTAlliance.com Wholistic Body Works and receives TMJD clientele from word-of-mouth, chiropractors, dentists, speech therapists and music/vocal coaches. In his spare time cycle touring and black & white photography allow creative opportunities.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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