



Somato-emotional Processing (SE1) or CST Level 3 “Listening to the Body”

Instructed by Don Ash, PT, CSTA-CP

Registration Deadline: 10 August 2018

- Date:** September 7–September 9, 2018 (2.5-day course)
Maximum: 24 Registrants *Prerequisite: BE3 or CST Level 2/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:** 9.25 Category A CEUs (CMTNB Approved)

Course Details

In this three-day craniosacral therapy class, we deepen our awareness of the innate ability of the body to heal itself. We explore the notion that the body has an inner voice and can express itself—and that the awareness of this expression can be used as a therapeutic tool. The student will learn how to palpate fluctuations in the craniosacral rhythm that reflect the body's self-correcting mechanisms.

New skills offered will include direct communication with the inner wisdom through dialogue, listening and palpation of changes in the craniosacral rhythm and the tissues. Techniques to facilitate mobility of the tissues of the "Avenue of Expression" (as described by John Upledger) will be taught to assist the communication process.

Recognizing and honoring the patient's biological process and the ability of the body to express itself will be central themes of this class.

What to Bring

- CST Handbook (purchased during the SE1 course)
- Suggested reading: *Lessons from the Sessions & Body of Water, Ocean of Mind* by Don Ash
- Bolsters and pillows
- Lunch / water / snacks
- Wear comfortable or loose-fitting clothing (tank tops, t-shirts)

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

Tel.: (506) 452-6972 **Fax:** (506) 451-8173 **E-mail:** anbmt@anbmt.ca