



## Peak Performance Therapies: Craniosacral Therapy

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “Peak Performance Therapies: Craniosacral Therapy” video published on June 8, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the sixth video of our peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs. In this video, we discussed about craniosacral therapy. What is it? How it can help you?

### What is Craniosacral Therapy?

Craniosacral therapy is a non-invasive, gentle, and hands on healing therapy that addresses the bones of the head, sacrum, and spinal column. Cranial sacral therapy seeks to restore the natural position of the bones and can decrease stress from chronic injuries as well as provide relief from migraine headaches, temporomandibular joint disorder (the inflammation of the joint that connects the lower jaw to the skull), neck and back pain, and more.

Some people use craniosacral therapy as an adjunct to other forms of treatment like the following:

- chronic pain
- migraine headaches
- post-traumatic stress disorder
- chronic fatigue syndrome,
- trauma of any kind
- TMJ
- post-surgical recovery

Define your purpose? What is the reason for you to consider craniosacral therapy? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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