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## CranioSacral Therapy and SomatoEmotional Release

CranioSacral therapy (CST) enhances the body's natural healing process. It has been shown to be effective for a wide range of medical problems associated with pain and loss of function. This gentle yet powerful form of therapy is ideal in alleviating symptoms of injury or disease. The results are a sense of well being and increased awareness as well as physical relief and comfort.



**Molly Grady-Tatgé,**  
**M.A. Human Development**  
Advanced II CranioSacral Therapist

Specializing in Advanced CranioSacral  
Therapy for over 20 years.

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