



Jodi Lawson, LMT_{MA30339} is now offering CranioSacral Therapy at Bodywork and Bach

Jodi has been a practicing massage therapist for the past 19 years. She has a vibrant, practice in Tallahassee. Jodi and her family live in Havana and it has been a desire for her to offer her services here as well. To start, she will be offering two sessions on Wednesday afternoons at the studio. You can call to make an appointment, or you can book online.

What is CranioSacral Therapy? According to the Upledger Institute...

CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University where he served as professor of biomechanics.

Using a soft touch which is generally no greater than 5 grams - about the weight of a nickel - practitioners release restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it's effective for a wide range of medical problems associated with pain and dysfunction.

What conditions does CranioSacral Therapy address?



- Concussion and Traumatic Brain Injury
- Migraines and Headaches
- Chronic Neck and Back Pain
- Autism
- Stress and Tension-Related Disorders
- Motor-Coordination Impairments
- Infant and Childhood Disorders
- Brain and Spinal Cord Injuries
- Chronic Fatigue
- Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Post-Traumatic Stress Disorder
- Orthopedic Problems
- And Many Other Conditions

www.BodyworkandBach.com 850-616-1305