



Palm of Healing Services

Cranio Sacral Balancing® and Aqua-Cranio with Shantam



Cranio Sacral Balancing®

Cranio Sacral Balancing® is a subtle yet deeply effective and holistic method, assisting self-healing of the body and mind. It works directly with the cranio sacral system which is pulsating at the core of our body. It re-establishes freedom of movement.

Cranio Sacral Balancing® is also known to be effective with specific problems and dysfunctions:

- Headaches and migraine
- Neck and back pain
- Concussions
- Birth trauma
- Depressions
- TMJ-dysfunctions
- Stress and Insomnia
- And much more...

Sessions Duration: 1.5 hours

Session: \$115.00

Aqua Cranio

Within the duration of an Aqua-Cranio session, a deep meditative space is created, a space of silence, emptiness and trust. In meditation, brain waves move into the alpha state and the mind becomes less active. Release happens through acceptance and letting go. Because of this, healing can go deeper. Tuning into the cranio sacral rhythm, the client is invited to travel through layers and layers of themselves, to tune very deeply into the core of their being. It is a way to open up and access new areas of the body and brain, a way to flow into ourselves.

Session duration: 2 hours

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Session: \$180.00

