

## Directions to Practice EnerGy in Motion in IJsselstein - Utrecht

- \* Take the motorway A2 in the direction of 's Hertogenbosch (Southbound) or Amsterdam (Northbound)
- \* From the Northeast (Groningen / Lelystad / Zwolle / etc) keep right at Lunetten Junction going from the A27 to the A12
- \* From the A12 go to the A2 by exiting right and following the signs Jaarbeurs / Utrecht / Nieuwegein
- \* After Oudenrijn Junction keep right and follow the signs for the A2 motorway to 's Hertogenbosch
- \* At the A2 take exit number 9 Nieuwegein / IJsselstein / Schoonhoven
- \* At the traffic lights, depending from where you are coming from, go straight or turn right, driving in the direction of IJsselstein Noord
- \* Keep on driving straight on the main road for about 5 minutes until you reach the traffic lights at the train crossing
- \* At this traffic light, turn left and go over the bridge
- \* At the end of the bridge turn right and cross over the train crossing
- \* Go straight on the main road and follow it in a left turn
- \* Drive straight and at your left side you will see school buildings. After the last building your each a turn to the left. In this turn go right of the main road into the Rietzangerlaan street
- \* Driving into the Rietzangerlaan you should see two other street names appearing, Roerdomp and Fazantenerf
- \* The Kwartelkoning is the second turn to the left in the Rietzangerlaan. It is a small dead end street so you are advised to park in the public parking places at the beginning of the street
- \* Welcome! The practise is at number 14, at the right end side of the street
- \* For personalized directions or map visit the following websites: [www.routenet.nl](http://www.routenet.nl) or [route.anwb.nl](http://route.anwb.nl)
- \* When using the public transportation services, please visit: [www.9292ov.nl](http://www.9292ov.nl)

EnerGy in Motion

Practice for Craniosacral Therapy

Therapist: Gláucia Pedrosa Canabrava

Kwartelkoning 14

3403 ZN IJsselstein (Utrecht)

Telephone: + 31 30 687 83 78

Mobile: + 31 6 24 18 43 96

E-mail: [Contact@GCranioSacraal.nl](mailto:Contact@GCranioSacraal.nl)

Website: [www.GCranioSacraal.com](http://www.GCranioSacraal.com) and [www.GCranioSacraal.nl](http://www.GCranioSacraal.nl)

# enerGy motion

practice for Craniosacral Therapy





### What is Craniosacral Therapy?

Craniosacral therapy (CST) is more than a relaxing massage. It is a treatment using palpation and subtle manipulative techniques to encourage the body to rebalance and heal itself. This is achieved by listening to the body and adapting the massage. Not through strong and invasive massage techniques, but through subtle touches. Searching for causes and not only dealing with symptoms. Besides relaxing the body, a CST massage can also diminish or even end symptoms, as well as preventing future occurrences.

### How does it work?

Most massage techniques focus on muscles, tendons and ligaments. CST focuses on the body's Craniosacral system. This system exists at the core of the spine and consists of the cerebrospinal fluid, which bathes and cushions the brain and the spinal cord. The motion of this fluid is like the tide. Like ebb and flow; bones, organs and other structures in the body each follow their own particular pattern of movement. This motion is so subtle that it is barely measurable with instruments, however the hands of a trained therapist are able to perceive it. In response to physical or emotional stress, the body's tissues contract. All stresses, tensions or traumas 'stored' in the body in this way, will restrict the body's functioning and will show up in an analysis of the Craniosacral system. CST is based on the theory that every cell in a healthy body expresses a rhythmic movement, which has been called Craniosacral movement. CS therapists are trained to feel this subtle motion in the body and can use it to identify areas where there is congestion or restriction. In this way they can identify the possible origin of a problem. By using the hands to reflect back to the body the pattern it is holding, the therapist provides an opportunity for the body to let go of its restrictive behavior.

### For whom is it?

CST is for everybody, even newborns and infants. It aims at relaxation and it is a pampering treat, while it soothes the body! Besides that, CST boosts the body's energy level, increases inner peace and improves vitality. Symptoms could diminish or even vanish for good after repeated sessions. By complementing the body's natural healing processes CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease.

### Effective for a wide range of medical problems associated with pain and dysfunction

Migraine headaches, chronic neck and back pain, whiplash, chronic fatigue, emotional difficulties, stress and tension-related problems, depression (also post-partum), burn-out, central nervous system disorders, sleeping problems, digestive system problems, orthopedic problems, traumatic brain and spinal cord injuries, scoliosis. For children among others infantile disorders, learning disabilities, hyperactivity, dyslexia, and crying/irritable babies.



### A reliable alternative treatment

CST is a hands on therapy that has emerged from the osteopathic tradition of medicine. It started as a specialization, Cranial Osteopathy. Due to its remarkable results and the new approaches and techniques, CST got a life of its own.

**Duration and price** A one hour session costs € 80, -.



### Member of VBAG and NCSV

The practitioner is a member of the Association for the Promotion of Alternative Medicine, VBAG and the Dutch Association of Craniosacral Therapists, NCSV, both responsible for maintaining quality control. The NCSV is a member of the Registration Institute for Natural Health, RING. All RING members answer to an independent complaint and disciplinary board. For detailed information please visit the websites [www.vbag.nl](http://www.vbag.nl), [www.cranio-sacraal.org](http://www.cranio-sacraal.org), [www.ringregister.nl](http://www.ringregister.nl) and [www.cranio-sacraal.org/leden/canabrava.htm](http://www.cranio-sacraal.org/leden/canabrava.htm)

### Insurance coverage

Check with your health insurer for a possible partial or full refund of the sessions.

### What else can the Craniosacral Practice Energy in Motion offer you?

Work with newborns, children, adults, horses, Reiki, Quantum Touch, Healing Arts Liquid Light Frequencies, Indian Shantala baby massage, Deep Tissue Massage, related energy knowledge of Ayurveda and Oriental Diagnosis, Ayurvedic Food and Nutrition, Crystal Therapy, Personal and Space Clearing, Life Impressions; a combination of Ayurveda, Craniosacral Therapy and Feldenkrais, Somatic-Psychic Tuning or Fasciatherapy.

Specialized courses in among others Craniosacral Biodynamics.

### Who is the therapist Gláucia Pedrosa Canabrava?

Gláucia is a conscious mixture of body and soul, of Brazil and Holland. Originally she started out as a multilingual economist. According to the Maya Calendar her solar seal is BEN, red skywalker and tone twelve, the crystal tone, the sound of transparency. BEN is an entrepreneur, he discovers and explores. BEN goes beyond limits and is empathic. BEN is also continuously searching for new challenges. Tone twelve also means the creation of clarity thanks to the power of seeing with different points of view. Taurus is her zodiac sign. Among others Taurians are patient, realistic, reliable, have a strong determination and are persistent. Both are signs of the earth. Gláucia is a bridge, a beacon of light and a translator. She aims for the equilibrium between hard and soft, shadow and light, fear and love.

### Why the choice for Craniosacral Therapy?

Gláucia finds that CST is tailor made for her. It teaches her to take distance of situations so that insights can lead to consciousness. Consciousness teaches her relativity and be observant. And then comes full circle. CST teaches Gláucia the power of listening, of acceptance and respect. Looking beyond symptoms, searching deeply for the cause. Her work consists of the right mix between knowledge and wisdom. Her tools are love, silence, compassion, trust and satisfaction. Those tools allow her to be neutrally present. Gláucia's intention is to let people remember and experience who they really are: LOVE! That simple, that gentle, that powerful!



*Here and now I invite you to come over and experience this yourself!*