



CRANIAL RELEASE/BALANCING

MICHAEL MASKORNICK

Workshops

A healthy cranial system has a smooth, fluid motion reflecting the vitality of the body. The quality of this motion is determined by the shape, fluidity, and interactions of the many structures that define the cranium. This basic training series is designed to give you the manipulative skills necessary to evaluate cranial movements and establish a healthy cranial pulsation.

Because the ability to recognize and interact with the subtle movements of the cranium is so crucial to the successful use of these techniques, we will be using touch as the basis for the teaching. Once you can feel and interact with the subtle movements of the skull with confidence, treatments and treatment protocols become second nature.

The recurrent theme in this series of workshops will be “beginner’s mind”.

CR/B 1 - AWARENESS OF THE SYSTEM

Emphasizing the subtle quality of touch necessary to feel the cranial rhythm, we will work with the following themes:

- Feeling the cranial movements
- Feeling the energy of cranial sutures
- Isolating movement and restriction
- Interacting with the system

CR/B 2 - THE CRANIUM AS A SPHERE

This workshop will continue the exploration of cranial touch as follows:

- Using the sutures to define the bones
- Feeling the density of cranial bones
- Using the bones to define the volume of the cranium
- Fluid mechanics of the skull
- Challenging the system - Balanced Neutral

CR/B 3 - RELEASING THE CRANIAL SPHERE

This workshop will begin to understand the complexities of the cranial system:

- Working with the concept of cranial volume
- Challenging the volume to evaluate strains
- Working along the three axes
- Releasing strains and opening the system

CR/B 4 - CONNECTING WITH THE SPINE

This workshop will use the skills developed in the earlier work to carry the balancing and release into the spine and viscera:

- Working with the concept of volume in the body
- Finding Balanced Neutral
- Working with rotation and three axes
- Recognizing improvements in system vitality

Treatment patterns are then based on the knowledge of cranial movements and limitations.

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WORKSHOP DATES 2012

CR/B 1 \$325
March 17-18
Sat.-Sun.
9:30am-5:30pm

CR/B 2 \$425
June 02-04
Sat.-Sun.-Mon.
10am-5pm

CR/B 3 \$425
Sept. 08-10
Sat.-Sun.-Mon.
10am-5pm

CR/B 4 \$250
Nov. 03-04
Sat.-Sun.
10am-4pm

CR/B
Skill Building
\$100
Feb 19
Sun.
10am-5pm

CR/B
Skill Building
\$100
Aug 12
Sun.
10am-5pm

CR/B
Skill Building
\$100
Oct 14
Sun.
10am-5pm

The workshops will be held in the Anacortes area and will be limited to 10 students.

To enroll:

Call: (360) 671-9716

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