



CRANIO-SACRAL REFLEXOLOGY INTERNATIONAL

Academy of Excellence

President Founder: Dr. Martine Faure Alderson

Cranio-Sacral Reflexology is a complete treatment in its own right. It is non-invasive and very effective for all ages. It was devised by **Dr Martine Faure Alderson** an Osteopath, specialising in Cranio-Sacral Therapy. She is also a trained physician in Homeopathy, a Bachelor of Acupuncture, and a Reflexologist, who has been practising and teaching reflexology for many years, and set up her first School of Reflexology in Paris in 1974.



After many years of clinical experience, she has integrated cranio-sacral therapy and reflexology plus all her expertise in many other modalities into **Cranio-Sacral Reflexology**; and has pioneered cranio-sacral reflexology in many of countries around the globe.

When working with Cranio-Sacral Reflexology we balance the energy between the feet and the head. Through this we can achieve homeostasis, thus effectively addressing a large variety of system dysfunctions.



By assessing the body, mind and spirit, assessing the primary respiratory mechanisms and working on the three levels of man, we can renew the patient's energy.

Students learn to read and interpret the Cranio-Sacral Fluid & Rhythm and appreciate its movement throughout the cranio-sacral system and therefore the whole body and are able to perceive dysfunction by palpating specific points found on the feet and on the cranium.

Dr Faure-Alderson insists on a rigorous knowledge of anatomy and physiology ; teaches and encourages a high level of palpatory skills, so that students can interpret the messages from the proprioceptors of their fingers and overlay this onto their knowledge of the body systems. Through **Cranio-Sacral Reflexology**, we learn how to balance the three diaphragms and the autonomic nervous system by using our basic CSR protocol, as well as using the Cardio Vascular and the Lymphatic protocols when appropriate.

Dr Martine Faure-Alderson works from her private practice in London, The Clinic of Natural Therapies at 187 Ember Lane, EAST MOLESEY KT8 0BU, England. Tel: 00 44 208 398 6943 . To find a CSR practitioner and other information go to www.craniosacralreflexologyinternational.com (New Website goes live at the end of February 2010).

Postgraduate Diploma in Cranio-Sacral Reflexology – Penticton

4 day **Advanced Level** training is **April 6 – 9, 2010** with Dr. Martine Faure-Alderson

4 day **Third Level** Training is **April 11 - 14** with Dr. Martine Faure-Alderson
Exam day is April 15

CSR **Hand course** is **April 16 - 17** with Dr. Martine Faure-Alderson

Contact: **Maria Carr** at info@okinhealth.com **1 250 493 0106**