

# Biodynamic Craniosacral Therapy, What is It?

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**Biodynamic Craniosacral Therapy (BCST)** is a gentle, non-invasive cutting-edge pain-relieving therapy currently taking North America by storm.

With a 100-year heritage, roots in Osteopathy, and a celebrity following, Biodynamic Craniosacral Therapy is scientifically-proven to be highly effective in the treatment of many different kinds of pain; from physical trauma to emotional stress, i.e. the visible to the invisible with the naked eye.

Biodynamic Craniosacral Therapy works from the inside-out in a non-manipulative (Biodynamic) way while getting to the root cause of the problem, so the healing that occurs treats the source of discomfort and holds more effectively, rather than solely treating the external symptoms. It is exceptionally restorative and complimentary to many other therapies, ranging from Chiropractic to Physiotherapy, and Acupuncture to Massage.



## Biodynamic Craniosacral Therapy Applications

Whether you were in a car accident and have whiplash or concussion, or physical or sports injuries, are suffering with neck or back pain, or painful Arthritis or Fibromyalgia making it difficult to walk, have Fertility Issues or the bodily aches and pains of having a baby or a child with Autism, have Insomnia or allergy headaches or frequent migraines, have TMJ or had a root canal at the Dentist and are still in pain, are going through an emotionally draining and stressful divorce or grief period, or are living such a busy and chaotic life you just need to regain control and get re-centred so you can focus and prioritize more clearly again, then these are just a few examples that Biodynamic Craniosacral Therapy could be just what you've been looking for.

## How Does Biodynamic Craniosacral Therapy Work?

Everybody has their own Inherent Treatment Plan which is your own individual blueprint for health, designed specifically for you as an embryo. We are all fluid beings made up of many fluid-filled cells, and when a physical or emotional trauma happens to us, it creates a blockage in our systems restricting the fluid flow and causing inflammation and pain. Sometimes, even after medical doctors tell us our physical trauma (e.g. from an accident) has healed, an emotional trauma may still remain sitting in that area creating a blockage, until it is released. It is also important for the Cerebrospinal Fluid made at the base of your spine (sacrum) to flow without restrictions up your spine to your head (cranium) to effectively cleanse your brain and carry away any toxins for extraction and removal from the body, which is BCST's name source: Craniosacral therapy.

The aim of Biodynamic Craniosacral Therapy is to release the blockages held in your system and restore your health back towards your original embryological health blueprint, by following your body's own personal inherent treatment plan specifically for you, despite the environmental factors that have brought you to the present point in your health.



## What Happens During a Treatment Session?

At [Jellyfish Refresh](#) Biodynamic Craniosacral Therapy, you lie comfortably fully clothed on a massage table on your back for about 40 minutes as your practitioner gently touches and holds your body, listening and following your own inherent treatment plan, with personalized time for discussion and interpretation included following your table time session. The session is your time, for your healing, health and well-being, and you are free to ask any questions about movements you may feel in your body as blockages are released and fluid begins to flow again. This is a unique therapy grounded in the sciences of human anatomy and embryology, and has to be experienced to be believed.

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About your Biodynamic Craniosacral Therapy Practitioner, and the Author

Originally from England, Neshat brings a wealth of knowledge and experience with her from Europe to Canada. She gave up a senior position in the corporate world to completely change her life path and re-train to help others with BCST, as she passionately believes in the innate value and intuitive effectiveness of this therapy. Neshat is a well-established internationally licensed and registered Biodynamic Craniosacral Therapy BCST RCST® practitioner. Please check with your individual Medical Insurer for coverage.

To book your own personalised Biodynamic Craniosacral Therapy session, please call:  
Neshat: 778-381-9971 / 587-439-4141

Biodynamic Craniosacral Therapist BSc, MA, BCST, RCST®  
Internationally Licensed & Registered BCST Practitioner

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