



Summer 2002

## Gov. Jeb Bush and Florida Legislators Recognize CranioSacral Therapy Awareness Month

Gov. Jeb Bush, Florida legislators, staff members and other officials celebrated the passing of Senate Bill SB2398 on March 6, 2002, by literally lying down.

The resolution, sponsored by Senator James E. "Jim" King, Jr., Majority Leader, District 8, recognizes April as "CranioSacral Therapy Awareness Month." Nineteen practitioners from across the state brought their treatment tables to the capitol to offer free sessions in this gentle manual therapy recently featured on CNN and in *TIME* magazine.

"We're very honored by the passing of this historical resolution," says John M. Upledger, chief executive officer of The Upledger Institute

(UI). "By heightening public awareness of CranioSacral Therapy and its benefits, we're better poised to help people on a broader basis regain their greatest potential for health."

Roy Desjarlais, LMT, CST-D, UI therapist, instructor and CranioSacral Therapy I director, says the feedback from the Tallahassee sessions — dubbed "Legislative Awareness Day" — was extremely positive. "It's a major victory when someone of Sen. King's stature believes in a therapy enough to recognize it at the government level," Roy says. "Everyone we met there was enthusiastic and open, from the sergeant of the Capitol Police to the Commissioner of Agriculture. One gentleman said of all the things he's ever tried

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*Fla. Gov. Jeb Bush welcomes Upledger Institute representatives in Tallahassee for CranioSacral Therapy Legislative Awareness Day. From left: Roy Desjarlais, LMT, CST-D; Barb Richmond, UI Community Relations Director; Gov. Jeb Bush; and John M. Upledger, UI CEO. Visit [www.upledger.com](http://www.upledger.com) to learn more.*

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## Upledger Institute Launches Summer BioAquatic Season

Healthcare practitioners are heading to the Bahamas to immerse themselves in water-based therapy through The Upledger Institute's four-day BioAquatic Exploration workshops. Four levels are available, from Ocean Therapy I — for therapists and laypeople alike — to workshops specifically designed for the

advanced CranioSacral Therapist. Each one uses concepts in CranioSacral Therapy, SomatoEmotional Release®, therapeutic subtle energy techniques, and the physiological and psychological benefits of the ocean as a medium for healing and personal growth.

"We have the ability to heal ourselves and

*continued on page 5*

# The Visceral Manipulation Report

## Visceral Manipulation Demos Bring About Unexpected Change

by Synthia Andrews, LMT

### Visceral Manipulation IA: The Liver Release

I began having painful back problems in 1976 when I was 18 years old. I was diagnosed with an S-curve scoliosis and rotation at T-12. The curve became progressively more pronounced over the next several years.

I started regular chiropractic treatment in 1984, but after a few years I abandoned it in favor of other bodywork modalities. By 1991 I had stabilized the decline and eliminated the majority of the chronic pain. Yet I still had a noticeable curve and occasional pain during times of muscle fatigue.

In March of last year I took the four-day Visceral Manipulation IA class offered by The Upledger Institute. Determined to get all I could from the experience, I volunteered to be a demo patient for one of the liver releases. I didn't really notice much during the process. It just felt strange. But the next morning as I was getting out of bed I noticed a pronounced sense of freedom in my back. I didn't think much about it until I looked in the mirror and saw that my pant legs were even. Normally the right pant leg was almost half an inch shorter than the left.

For several months after the class I waited to see if the curve would return. It didn't. Subsequently I decided to visit the chiropractor again for a neck adjustment, even though I hadn't seen him in more than 15 years. When I asked him to check my scoliosis, he replied, "What scoliosis?" He pulled my original file and noted the measurements. For all practical purposes, the curve was gone.

It's now one year later. The right pant leg has become marginally shorter than the left. Time for a new liver release!

### Visceral Manipulation IB: The Kidney Release

In 1991 I suffered a concussion from a horse accident that left me with severe, persistent migraine headaches. After an extreme two-day migraine in 1997, I felt aphasic for several weeks. When the primary effects had worn off I felt as if a portion of my brain was shut off. It was a palpable feeling of fuzziness located in a specific area of my brain that I couldn't seem to extend into with my awareness.

I was also experiencing mild speech hesitation and an inability to access my vocabulary, and

I felt a slight downward pull on the right side of my face. It was all very disconcerting. My deepest fear was that I had suffered a mild TIA [transient ischemic attack] and had permanent brain damage.

Fortunately, it was time for me to take the second class of the Visceral Manipulation introductory program — Visceral Manipulation IB. My partner one day did a long-lever kidney release on me. It was the most extraordinary feeling I have ever experienced. I immediately felt the affected area of my brain become clear, as if a fog was being blown away. My awareness felt like it was suddenly able to expand into my entire brain.

If you've never experienced this you cannot imagine what it's like. Both my speech and vocabulary recall improved.

When I returned home my husband looked at me. Before I said a word he told me something in my face had changed. After studying me he noted that the downward pull on my right side was almost completely gone.

Now, 5 months later, I still have the awareness of all of my brain and my vocabulary is normal. I sometimes have a slight speech hesitation and some of the downward pull has returned to my face. However, I know now it's not permanent. Through the practice of Visceral Manipulation I continue to find fascial relationships to help it change. The relief is enormous.

*For the past 20 years, Synthia Andrews has been a massage and bodywork therapist specializing in myofascial and energy work. A longtime instructor at the Connecticut Center for Massage Therapy, she is also an authorized Jin Shin Do instructor.*

*To learn more about Visceral Manipulation IA and IB workshops, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0602. E-mail [iahe@iahe.com](mailto:iahe@iahe.com). Or visit [www.iahe.com](http://www.iahe.com). For workshop dates and locations, see the Course Calendar on page 8.*

NEW!

### Visceral Manipulation: The Video

Volume 1 of Jean-Pierre Barral's long-awaited *Visceral Manipulation: The Video* presents demonstrations of VM techniques for the chest, liver, gallbladder, spleen and pancreas. Volume 2 focuses on techniques for the stomach, duodenum, small intestine, colon, kidneys, bladder and uterus. It also includes a personal interview with Jean-Pierre Barral.

The new video set (2 hrs., 40 min.) is \$125 + s/h. To order, call Educational Services toll-free at 1-800-311-9204. Ask for priority code N0602.

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# Fundraising Tribute to CranioSacral Therapy Developer Nets \$30,000 for Nonprofit Foundation

An April tribute in honor of Dr. John E. Upledger, one of *TIME* magazine's "next wave of innovators," netted the nonprofit Upledger Foundation approximately \$30,000 for its numerous healthcare and community-outreach programs. The charity casino and jazz event, held on April 28 at the Jupiter Beach Resort in South Florida, brought admirers and well-wishers from around the world who came to pay their respects to the man who pioneered CranioSacral Therapy.

Guest speakers for the evening included former Olympic medallist Mary Ellen Clark,

pediatric cardiologist Dr. Andrew Fryer, and former U.S. Senator, the Honorable Berkley Bedell. They joined a list of others who shared personal stories of their experiences with Dr. John Upledger, along with the benefits they've discovered both using and receiving CranioSacral Therapy.

The fundraising tribute marked the end of April as CranioSacral Therapy Awareness Month (CSTAM), launched several years ago by The Upledger Institute to bring greater awareness to this gentle, effective modality. CSTAM was officially recognized this year

when the Florida Senate passed Senate Bill SB2398 proclaiming April as CranioSacral Therapy Awareness Month. [See cover story.] The Upledger Foundation kicked off CSTAM with The Upledger Foundation Nancy Schaffer Golf Classic, a highly successful event designed to educate the public about the role of CranioSacral Therapy in addressing debilitating disease.

*To learn more about The Upledger Foundation and its charitable programs, call 561-624-3888 or visit [www.upledger.com](http://www.upledger.com).*

*Photos courtesy of Heather Stanish.*



*The Upledger Foundation Nancy Schaffer Memorial Golf Classic kicked off CranioSacral Therapy Awareness Month on April 5-6. Guests included (l-r): former San Antonio Spurs player Johnny Moore, former Miami Dolphin Eric Laakso, Tournament Chairman Ed McCabe, former Jai Alai player Joey Cornblit, Upledger Foundation board member John Wilkinson, and former San Antonio Spurs player Mike Mitchell.*

*At right: Tribute speaker Frederic Holzberger, President and CEO of Frederic's Corporation, an exclusive distributor of Aveda Environmental Beauty Products. After sharing a video documenting a program launched as a joint venture between The Upledger Foundation and Frederic's, he presented Dr. Upledger with a \$5,000 donation.*



*Bob Lynch, Dr. John Upledger, Dr. Lisa Upledger and Virginia Kraftsow joined a chain of delighted tribute guests loosening up with shoulder massages.*



*Tribute guests challenged Lady Luck at a charity casino that benefited The Upledger Foundation. They included (l-r): Vicki McCabe, John Matthew Upledger, Donna Stevens, Michael Upledger and Mary Ellen Clark.*

# Heart Centered Therapy: Assume Only Love

## Healing Relationships and the Emotional Component of Disease

by Alaya Chikly, CMT

The diagnosis of cancer in June 2001 was devastating to Mary.\* Doctors said it was so deep and aggressive they were certain it was in her lymph nodes. If this was the case, they predicted that with surgery and chemotherapy she would have a 40 percent chance of surviving the next five years.

As a mother of two, death was not an option for Mary. She knew she had to reach deep within herself and understand her disease beyond the physical level. She had to ask why the cancer cells were multiplying inside her body.

As a pediatric nurse, Mary had heard of psychosomatic factors in disease. Yet until now the idea had not been credible to her. Facing death, however, had opened her heart and mind to look beyond what she had always

believed. She reasoned that if she could discover the cause of the emotional knot that had always been in her life, she could potentially affect her immunity and success in healing the cancer. A highly educated woman, Mary found that the concept of psychoneuroimmunology made sense to her. She took a chance and stepped beyond the familiar.

Perhaps it was synchronicity that her closest friend had heard of *Heart Centered Therapy* (HCT) and its effectiveness in addressing emotional issues and the emotional component of disease. She encouraged Mary to work with me.

When I talked to Mary I could tell she was frightened. She made it clear that the work we did together would not replace medical treatment, yet act as an additional component to her healing,



*Alaya Chikly, CMT, developer of Heart Centered Therapy. Visit [www.iahe.com](http://www.iahe.com) to learn more.*

one that could assist her on the path to recovery while her physicians monitored the disease.

### Reconnecting the Disassociated Parts of Self

Heart Centered Therapy is a loving and gentle approach to emotional healing that offers profound insight into the "psychology of the human heart" and human potential. HCT uses dialogue techniques to bring awareness to areas of unconscious spiritual, emotional and physical disconnection. The work facilitates reintegration and wholeness through a gentle, respectful process that addresses core issues of the heart.

When working with a client who has cancer, a therapist may find that person bears a repressed and deep unresolved emotion, as was the case with Mary. Therapeutic sessions can be challenging because the client may have a tendency to deny that anything has been wrong in his or her life. The therapist has to be very gentle and precise to recover these memories without the client reliving the related traumatic experience. It is not necessary to relive a trauma in order to heal with Heart Centered Therapy.

In Western culture, attention often remains focused on the most superficial physical symptoms of disease. This habit seems to distract us from seeing the bigger picture. In HCT, therapists realize how important it is to clearly discern the true self from physical, emotional and spiritual disease and the confusing imprints it infuses into our psyche. This profound level of clarity can determine our health.

HCT also regards the family as one soul expressing itself through the different members. Healing, therefore, cannot be just about the individual. Every member and every relationship must be considered.

In Mary's session I guided her to attune to her heart and open to her inner wisdom. We then began by working with the emotional component connected to the cancer. I asked her to connect to the cancer itself, focusing all her attention there. She began to feel the emotion of sadness. Using her imagination she gave the sadness a shape, density and color. It embodied a large area between her

## Adv. I CranioSacral Therapy Madison, VA — Aug. 6-10, 2001



Back row (l-r): Bernadette Tronzo, RNC; Jerome Blanche, CST; Michael McConnell, LMT, CST; Roy Desjarlais, LMT, CST-D (instructor). Front row: Sue Munshaw, RN, NCTMB (preceptor); Anne Steele, CST; Robyn Walpert, PT; Diana Walker, MA, CMT; Carol Alvarez, CMT (preceptor); Lorrie Brocious, MT; Tamara Blossic, DC; Klara Lyons, LMT. Upside down: Annie Johnstone, PT.

solar plexus and heart. The physical manifestation of this sadness had most likely expressed itself as cancer.

Once Mary became aware of this emotional component residing in her body, I asked her to give it imaginary eyes that could express the sadness she felt. This gave her the support she needed to project the painful emotion outside of her self and address it with a sense of distance.

The eyes also induced compassion. She repeatedly said, "The eyes are so sad. They are so sweet." Experience has shown that the eyes are always passionately honest, a true quality of the soul. She was now able to directly communicate with the disassociated part of her self that was associated to the cancer. This sense of reconnecting to her self brought her to tears.

As she gained understanding and developed a sense of relationship with the eyes she was dialoguing with, I asked her how old the eyes were. She cried out, "Oh my God, I am 3! I always knew something was wrong when I was 3 but I could never go there. I never talked about it with anyone, not even my husband."

Mary continued to cry, and I knew she had accessed the knot that could determine her recovery. My heart was bursting. I knew at that moment she had a chance. The door opened. Her hidden trauma and little inner child had been found.

### Unraveling the Lineage of the SEvirus

Further work with Mary revealed a trauma within the family that had particularly affected her relationship with her father. The trauma had ended in divorce, resulting in Mary never seeing her father again.

Mary's pain and lack of closure with her father had been too much for the then 3-year-old to carry. She had repressed the experience from her conscious memory for 40 years. A part of her self disassociated. She shut down and numbed parts of her body, mind and heart to protect her from feeling what was, to her, unbearable. This kind of self-abandonment had eventually made her vulnerable to disease. The question then arose: Could the cancer now be expressing for her that which had never been expressed?

It was important to Mary's process that she identify and heal the hidden emotion, trauma, relationships and SEvirus (spiritual-emotional

disease) that had cast devastation upon her family. According to the HCT process, an SEvirus is displaced energy that is transmitted through the family lineage. It is very important in HCT to identify this virus to complete healing.

I have found that SEviruses can be identified energetically in a session through the eyes of the perpetrator. Mary was guided to see the spiritual disease energetically, including where it had settled into her father's body, and how it had driven and altered his behavior and ability to love. From her heart she was also able to see how his anguish and remorse had never healed.

In Mary's ensuing "dialogue" with her father, he let her know that he wanted to heal himself and heal the rift with her. The dynamics of this session brought her to a profound revelation that freed her heart. Her eyes opened spiritually. She was now able to see her father on a soul level, free from the disease. She could see beyond the old judgments and hurtful constructs of her mind that had bound her all her life. And she could openly see him for who he truly was — her beloved father.

As Mary and her father stood free from this once invisible, devastating spiritual-emotional disease, they were able to complete the process by clearing the family lineage. The process revealed how the SEvirus moved back in time through her family. Her father had received the SEvirus from his father. Indeed, it appeared that every member in Mary's family had been affected by a spiritual-emotional disease. Only invisibility can protect these destructive configurations of energy. Once the energy was seen, it could be healed.

Because the HCT process supported Mary in feeling the SEvirus inside her own body — and allowed her to witness how it held its ground in her body tissue — the intelligence of her heart could show her how to release the energetic body of the disease. She cried tears of joy as she experienced a black and heavy energy leave her body. She felt lightness replace the darkness in her tissue. Forgiveness, love and compassion filled her body.

When Mary finally went in for her surgery, no trace of cancer was found in her tissues, nor had it spread into her lymph nodes. She was able to go on to forge a new and wonderful relationship with her biological father. She says she is enjoying life in ways she never dreamed possible. We are both grateful to know that the

wisdom of the heart knows how to heal what seems impossible to the mind.

*The four-day Heart Centered Therapy workshop is offered through The Upledger Institute's Lymph Drainage Therapy curriculum. It was developed by Alaya Chikly, a certified massage therapist and specialist in emotional release techniques. She teaches this and other seminars throughout the world with her husband, Lymph Drainage Therapy developer Bruno Chikly, MD, DO (hon.).*

*To learn more about Heart Centered Therapy, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0602. E-mail [iahe@iahe.com](mailto:iahe@iahe.com). Or visit [www.iahe.com](http://www.iahe.com). For workshop dates and locations, see the Course Calendar on page 8.*

*\*Name changed to protect client confidentiality.*

### Summer BioAquatic Season

*continued from front cover*

others, and Ocean Therapy gives us the opportunity to explore that potential," says instructor David Dolan, LMT. "It teaches concepts that are common in many subtle energy healing approaches and combines those with the healing power of the ocean and nature."

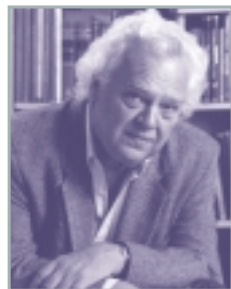
*BioAquatic Explorations are limited to 10-12 participants each, so reserve your space early. See the Course Calendar on page 8 for dates and call Educational Services to register at 1-800-311-9204. Ask for priority code N0602. You're also welcome to e-mail [iahe@iahe.com](mailto:iahe@iahe.com), or visit [www.iahe.com](http://www.iahe.com).*



*BioAquatic Exploration participants enjoy the option of rooming aboard The Upledger Foundation's Dolphin Star. Call 1-800-311-9204 for details.*

# Dear Dr. Upledger:

I would like to thank you for your research in CranioSacral Therapy. I personally benefited from it when my sister, friend and I were involved in a serious motor vehicle accident



*John E. Upledger,  
DO, OMM*

in 1996. I was thrown 100 feet and sustained multiple thoracic injuries, including a torn diaphragm, lung and kidney lacerations.

A thoracotomy was done on me to repair the damage. I also had chest tubes and massive blood transfusions, and I remained in a drug-induced coma for three weeks. At the end of the fourth week I was taken off life support

and a breathing tube was placed in my trachea. Another week and a half went by until I could breathe on my own, and I was moved out of I.C.U. to a thoracic floor.

To the doctors' surprise I left the hospital five weeks after the accident. I consider myself a walking miracle. The lady who found me at the side of the road was my angel Michelle, a licensed massage therapist who was studying CranioSacral Therapy at the time. She stayed by my side and comforted me at the scene. Later, upon our families' consent, she and her instructor spent evenings at the hospital working on my sister, my friend and me. They mainly used CranioSacral Therapy because of its gentle touch.

I believe this therapy saved our lives. My sister had extensive brain trauma, and my friend suffered broken cervical vertebrae that had to be fused together. Unfortunately, they

were both paralyzed from the accident. But the miracle is that we survived with the help of CranioSacral Therapy and other approaches.

Now that the power of touch has proven so miraculous to me, I have enrolled in massage therapy school in New York. We learned the basis of CranioSacral Therapy. I enjoyed the class, and I look forward to furthering my knowledge in the field so I can help others the way it has helped me.

Sincerely,

*"A Grateful Therapist"*

*Learn CranioSacral Therapy from the source — The Upledger Institute. Call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0602. E-mail [iahe@iahe.com](mailto:iahe@iahe.com). Or visit [www.iahe.com](http://www.iahe.com). For workshop dates and locations, see the Course Calendar on page 8.*

## Gov. Jeb Bush and Fla. Legislators *continued from front cover*

to relieve stress, he never felt so relaxed as he did after his CranioSacral Therapy session."

According to Roy, several people reported that their migraine headaches were relieved. One woman with TMJ [temporomandibular joint] syndrome claimed the following day that she didn't have to use her mouth guard to sleep that night. "She was pain-free for the first time in a long while," he says.

Why has CranioSacral Therapy surged to the forefront of the natural therapy field over the last few years? "It gets results," Roy says. "CranioSacral Therapy simply clears obstacles to allow the body to better heal itself. It solves problems at their source, so its effects are often felt more quickly than with some other types of therapy."

Considered noninvasive, CranioSacral Therapy is gentle enough to use on everyone from newborns to the elderly. Roy adds, "Therapists generally use no more pressure than the weight of the nickel you have in your pocket to evaluate and release restrictions in the craniosacral system," the membranes that surround the brain and spinal cord.

That easy, effective, natural approach to healthcare was the goal for CranioSacral Therapy developer Dr. John Upledger. He was recently featured in "TIME 100: The Next Wave," *TIME* magazine's "look into the future to discover tomorrow's most influential individuals."

Now that key Florida officials have a first-hand feel for CranioSacral Therapy, a lot more

people are expected to lie down in the name of good health.

*The Upledger Institute has trained more than 50,000 CranioSacral Therapy practitioners from 56 different countries since 1985. Find out more about CranioSacral Therapy classes near you. Call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0602. E-mail [iahe@iahe.com](mailto:iahe@iahe.com). Or visit [www.iahe.com](http://www.iahe.com).*

## Thank You, Friends

We applaud the many volunteers who graciously assisted The Upledger Institute with the Legislative Awareness Day in Tallahassee on March 6, 2002:

### Therapists

Mya Breman, MSW, LMT, CST-D  
Roy Desjarlais, LMT, CST-D  
David Dolan, LMT  
Bunny Ferrall, OTR  
Rick Ferrall, LMT  
Rebecca Hunt, OTR, SCP, CST  
Viorel Iliescu, MS, LMT, NCTMB  
Eva Jones, LMT  
Angele La Grave, LMT  
Jill K. Mabry, LMT, CST  
Dottie Marvel, LMT, CST  
Michael McConnell, LMT, CST  
Vera Orlock, LMT

Brendanne Phillips, CST  
Dan Putnam, LMT  
Debbie A. Sorrell, LMT  
Joy Styrcula, LMT

### Administrators

Leslie Ockunzzi,  
UI Community Relations Coordinator  
Barb Richmond,  
UI Community Relations Director  
Lynda Solien-Wolfe, LMT  
John Matthew Upledger, CEO  
John Wilkinson,  
UI Shipping Coordinator

# The Feldenkrais Method®:

## A Multifaceted Method of Regaining Health and Improving Self-Awareness

by Ann Harman, DO

How many of us have admired the easy elegance of a gymnast or a figure skater? Or envied those whose everyday walking and movements seem easy and pain free?



*Ann Harman, DO,  
developer of Applications  
of the Feldenkrais  
Method for  
CranioSacral  
Therapists. Visit  
[www.iahe.com](http://www.iahe.com).*

With the Feldenkrais Method, we do not look at graceful, easy movement as the province of a talented few. Nor do we look at pain and disability as the inevitable consequence of aging. By learning efficient and pleasurable ways of moving, we believe we can decrease pain and enhance function as we improve our awareness and capacity to learn. Our focus

is on movement — yet it is not the end goal but a tool for greater awareness in all aspects of our lives.

Taught through The Upledger Institute's *Applications of the Feldenkrais Method for Cranio-Sacral Therapists*, Feldenkrais Awareness Through Movement® lessons are interesting and complex movement explorations learned in a group context. They're designed to improve coordination and efficiency as they decrease stress and relieve muscle and joint pain. Many sequences are based on the explorations of babies and young children as they develop, especially at the stage when learning is most rapid. These innovative techniques were developed by engineer, physicist and judo expert Dr. Moshe Feldenkrais.

Remember the old fable about the six blind men and the elephant? One felt the elephant's tail and insisted the elephant was like a rope. Another felt the flank and insisted the elephant was like a wall. Another felt the trunk and insisted the elephant was like a hose. As this went on, all six were soon arguing, convinced everyone else was wrong.

Like the fabled elephant, the Feldenkrais Method is multifaceted. It is experienced differently by each individual. These same men might have said it was:

- A method of pain relief widely used in occupations such as physical and occupational therapy. Offering a gentle alternative to conventional "stretch and strengthen" therapies, it is tolerable to some who might be injured by such therapies.
- A way of helping the individual expand awareness. It helps us learn to think better. Feldenkrais himself said he was interested in flexible minds, not flexible bodies.
- A method used by performing artists such as singers, dancers and actors to improve their performance. It may also be used by athletes to improve efficiency of movement.
- A process that emphasizes developmental movement. It is valuable in working with developmentally challenged children, as well as adults who may not have benefitted fully from childhood developmental sequences.
- A way of reconnecting with ourselves. We can relearn to experience pleasure in

ourselves and in the movement of our bodies.

Which of these facets interests you most? The Feldenkrais Method is not easily categorized. It provides a way for people of different ages, interests and backgrounds to achieve better health and a deeper understanding of themselves. Anthropologist Margaret Mead called it "the most sophisticated and effective method I have seen for the prevention and reversal of deterioration of function."

Isn't that, after all, a right we should all enjoy?

*Ann Harman is a board certified osteopathic physician and Guild Certified Feldenkrais Practitioner in Gainesville, Florida. To learn more about her four-day Applications of the Feldenkrais Method for CranioSacral Therapists workshop, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0602. E-mail [iahe@iahe.com](mailto:iahe@iahe.com). Or visit [www.iahe.com](http://www.iahe.com). For workshop dates and locations, see the Course Calendar on page 8.*

## Internet Directory

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E-mail: [iahe@iahe.com](mailto:iahe@iahe.com)

### International Association of Healthcare Practitioners®

Website: [www.iahp.com](http://www.iahp.com)  
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### American CranioSacral Therapy Association

Website: [www.acsta.com](http://www.acsta.com)  
E-mail: [acsta@acsta.com](mailto:acsta@acsta.com)

### The Upledger Foundation

Website: [www.upledger.com](http://www.upledger.com)  
E-mail: [foundation@upledger.com](mailto:foundation@upledger.com)

- A strictly educational process to help people understand movement.