

Craniosacral Therapy Alliance

CST Education and Training

**Begin
the Journey!
Attend a CST
Basic Elements 1
Class in 2019**

*therapists and teachers working together
to move craniosacral therapy forward*

Our Mission:

To move generic Craniosacral Therapy forward by offering classes based on traditional teachings along with the latest research and techniques. Our classes explore new definitions of release, anatomy detail of the sacrum and occiput. Advanced classes focus on the sacredness of stillness and listening to the body. Our goal is to train therapists in using CST to relieve tension, stress and pain—both physical and emotional—so their clients can heal and regain health and happiness.

Learn about CST while you earn CEUs

**Certified NCBTMB Provider
#451232-10**

**Join Our Email List:
ashpt@aol.com**

**Have you already
had CST training?
We welcome all CST
students from any
program to join
our curriculum**

**CST Alliance
Education & Training Ctr.
249 Rochester Hill Road
Rochester, NH 03867
Ph: 603-948-2820**

www.CSTAlliance.com

Bring Basic CST Into Your Practice in 3 Days World Class Instructors, 18 CEUs, U.S. and Canada Locations

The Craniosacral Therapy Alliance (CST Alliance) is offering its CST Basic Elements One (BE1) three-day class **eight times in 2019 in the U.S. and Canada**. Faculty members Don Ash, PT, CSTA-CP, Charise Rogosky, LMT, CSTA-CP, MLDT and Gary Keeling, BPE, BSc (PT), CSTA-CP will be teaching the classes depending on the class location. To learn more about this class and other classes in the CST Alliance's complete CST curriculum or to learn about our CSTA-CP certification program, please visit our website **www.CSTAlliance.com**

Basic Elements One: "BE1" is a three-day class that enables the student to return immediately to their setting and be able to effect a positive change in the client, patient, friend or family loved one. Practitioners will learn how to combine basic CST with what they currently do now to improve overall wellness in their patients.

Students will learn exciting information on the fluid nature of the body, new definitions of release and the mechanics of craniosacral rhythm based on the traditional teachings of William G. Sutherland, D.O., and John E. Upledger, D.O., O.M.M., as well as new research. This is the first of three classes in our basic CST program. Space is limited in each class.

CST can encourage a healthy central nervous system which can:

- promote healing
- decrease pain
- increase range of motion
- decrease stress
- provide relaxation

These benefits improve nutritional metabolism and increase healing potential as people recover from illness, disease, surgery, developmental delay and general life stressors.

**Eight BE1 (Basic Elements One) 3-Day CST Classes in 2019, 18 CEUs
Registration: \$498 (U.S.), Required Text: "The CST Handbook" \$25
ANBMT members save \$50 off \$498. registration fee.**

February 15-17, 2019 - ACTM, Fredericton, NB, Canada, Instructor: Gary Keeling, BPE, BSc (PT), CSTA-CP

March 15-17, 2019 - Swedish Institute, New York City, Instructor: Gina Flores, LMT, CSTA-CP

March 22-24, 2019 - Reading-Wyomissing, Pennsylvania, Instructor: Charise Rogosky, LMT, CSTA-CP

March 22-24, 2019 - Halifax, NS, Canada, Instructor: Gary Keeling, BPE, BSc (PT), CSTA-CP

April 13-15, 2019 (Sat.-Mon.) - Irvington, NY - Instructor: Gina Flores, LMT, CSTA-CP

April 26-28, 2019 - Comfort Inn, Dover, New Hampshire, Instructor: Don Ash, PT, CSTA-CP

NEW LOCATION! May 24-26, 2019 - The International Academy of Applied Health, 380 Forest St.,

Ottawa, Ontario, Canada K2B 8E6, Instructor: Gary Keeling, BPE, BSc (PT), CSTA-CP

August 17-19, 2019 (Sat.-Mon.) - Louisville, Kentucky - Instructor: Don Ash, PT, CSTA-CP

U.S. CEUs: 18 NCBTMB, New York state approved, Prerequisite: None

Canada CEUs: CMTNB 9.5 Category A, MTANS 10 Primary

To learn more about this class and other classes, or to register online visit **www.CSTAlliance.com** and click on "Curriculum." You can also register by calling Jill at 603-948-2820 or sending an email to AshPT@aol.com

Our faculty has over sixty years combined of national and international teaching experience.

**We offer a complete curriculum of beginning through advanced CST training leading to CSTA-CP certification.
Sign Up Today to Begin Your Craniosacral Adventure!**