



CranioSacral Healing **with Leonid Soboleff**



Originally from Russia where he completed his medical training, Leonid Soboleff has been practicing and studying alternative healing therapies for 18 years while living in the United States. He now resides in Bali and teaches and practices Cranio-Sacral Therapy worldwide.

What is CranioSacral Healing?

The emphasis in Cranio-Sacral Healing is to help resolve trapped forces that underlie and govern patterns of disease and fragmentation in both body and mind. During the course of our lives our bodies become patterned, shaped and conditioned according to how we are able to deal with stress or trauma. If stress or trauma is overwhelming, they become locked in the body as sites of inertia, stopping the natural rhythm of the Cranio-Sacral System. Inertia within the body can result in depression, pain, lack of vitality, or other forms of disease. The intention of this treatment is to facilitate the full expression of the Cranio-Sacral System and so enhance the body's own self-healing and self-regulating capabilities. Furthermore, the practitioner's deep and clear quality of presence can become a reflective mirror for the patient and an invaluable reminder for their potential for change and abundant health.