

CranioSacral Therapy

with Amina Elizabeth Stevens

is available at no cost during

Wednesday Walk-in Clinic at The Women's Initiative, 2-5 pm

1101 East High Street, Charlottesville



What is CranioSacral Therapy?

CranioSacral Therapy is a gentle form of bodywork that can help relieve pain and stress.

The practitioner uses light touch on the head, along the spine, and on the sacrum to release compression. Many people experience deep relaxation and increased physical ease during and after a CranioSacral Therapy session. At The Women's Initiative sessions are done laying down on a massage table while fully clothed.

Sessions take place in our downstairs studio, 2-5 pm, Wednesdays.

*Let the person at the front desk or your therapist know
if you would like to try a session of CranioSacral Therapy.*

www.thewomensinitiative.org | (434) 872-0047

COMMON  GROUND
healing arts

 the
women's
initiative