

Craniosacral

What is Biodynamic Craniosacral Therapy?

Have you ever felt overwhelmed and decided to talk to a friend who didn't say much, but simply sat quietly, paying close, compassionate attention and really listening to you? Perhaps, as you talked, your problems began to make more sense, and you began to figure out how to address some of them.

The human body needs the same kind of attention. Our bodies talk to us all the time; it's just that, usually, we aren't able to listen. There are many reasons for that, from something as drastic as trauma, to being taught that the messages of our bodies should be ignored ("walk it off "), to something as simple as the distractions of a busy life.

Biodynamic Craniosacral Therapy is dedicated to listening to the messages of the client's body with close, compassionate attention. Biodynamic Craniosacral Therapists (BCSTs) rely on our acute skills of perception and palpation, developed through years of study, that enable us to perceive subtle physiological changes in our clients and assist the system in bringing itself back into balance.

What is the Craniosacral System?

The craniosacral system primarily consists of four anatomical components:

- The cranial bones
- Cerebrospinal fluid, which bathes, cushions, and nourishes the spinal cord and brain
- The membranes that extend from the cranium to the sacrum
- The sacrum itself

All of these components, when in a healthful state, exhibit free motion that is essential to health. Accidents, physical or emotional trauma, illness, surgery, and even medications can cause imbalances or restrictions in the craniosacral system. This can impede nerves, interfere with blood flow, and restrict the connective tissues of the body, resulting in pain or chronic problems.

These restrictions can also have profound emotional implications. BCST promotes balance among the components of the nervous system, which is of great benefit when illness, trauma, or stress have resulted in overstimulation and depletion.



What do biodynamic craniosacral therapists do?

Although biodynamic craniosacral therapy is a hands-on form of bodywork, BCSTs do not use massage or chiropractic techniques. While the client lies fully clothed on a massage table, we attune to the components of the craniosacral system in a gentle, non-manipulative, non-intrusive way, allowing the system to express itself and resolve tensions and restrictions. In this way, the BCST helps to bring the nervous system into balance, and enables the client's body to address restrictions and imbalances.



Problems BCST may benefit include:

- Stress
- Anxiety
- Depression
- Post-traumatic stress
- Post-surgical issues
- Post-concussion issues
- TMJ problems
- Asthma and other breathing problems
- Effects of physical or emotional trauma and abuse
- Migraines and other headaches
- Learning problems
- Autism spectrum disorders
- Sleep disorders
- Consequences of auto accidents
- Sprains and strains
- Sinus problems



If you have ever had an upper respiratory infection and noticed enlarged, tender bumps under your jawline, you have encountered the lymphatic system in a very personal way. Those bumps are lymph nodes, and when they are fighting infection, they can become enlarged and even painful.

The Lymphatic System



The circulatory system has a number of components, one of which is the lymphatic system. The lymphatic system consists of countless fine vessels that drain lymphatic fluid, or lymph (a clear fluid closely related to blood plasma) from tissues throughout the body into the bloodstream. Where there are blood vessels, there are lymphatic vessels. The lymphatic vessels lead to the bloodstream and, from there, to the heart – so it is somewhat poetic that the one-way valves within each lymphatic vessel are heart-shaped.

The lymphatic system has three main functions: It drains excess fluid from the tissues into the veins, transports fatty acids from the digestive tract, and helps to protect us from disease by circulating immune cells and trapping pathogens. Fungi, bacteria, and viruses are filtered by the lymph nodes – small (usually no larger than 1" in diameter — but there are about 600 of them!) masses of lymphatic tissue that are dotted along the system of lymphatic vessels. Some nodes are located deep in the body (such as the abdomen and around the heart), while others are closer to the skin (such as those in the face, neck, and underarms). The nodes house white blood cells, which are crucial to our ability to fight off infection; the nodes also trap pathogens and destroy them. In case of infection, the lymph nodes must process enormous numbers of pathogens; enlarged nodes can be the result. The body also contains several organs that are part of the lymphatic system: the spleen, thymus, tonsils, and adenoids. (Those of us who have had our tonsils and/or adenoids removed due to repeated infection are now minus part of our lymphatic system, a system that helps to fight infection — one of the ironies of life.) So it's easy to see why a vigorous lymphatic system is important to our health.

Lymph moves slowly. It has nothing to pump it, instead being moved by our breathing and by the movement of the skeletal muscles. A sedentary way of life leads to a stagnant lymphatic system; illness or surgery can have the same result. By the same token, a stagnant lymphatic system predisposes us to illness. The word lymph comes from the Latin word *lymphā*, which means "spring water." We need that clear, clean spring water to flow as it should in order to have optimal immunity.

Sometimes, the lymphatic system needs a little help in order to do its job effectively. That's where Biodynamic Lymphatic Drainage comes in.

Potential benefits of BLD include:



- Deep relaxation
- Assisting in fluid circulation
- Alleviation of edema
- Stimulation of the immune system
- Reduction of chronic pain
- Detoxification

How Biodynamic Lymphatic Drainage works

All forms of manual lymphatic drainage seek to help decongest lymph nodes and move lymph through the vessels. What distinguishes Biodynamic Lymphatic Drainage (BLD) is that the BLD practitioner seeks to follow the path of the lymphatic fluid at the slow pace of the fluid itself. Using palpatory skills honed through many hours of training and practice, BLD practitioners can feel the flow of the lymph through the vessels and detect when that flow has been compromised. After clearing the nearby lymph nodes, we move our fingers over the skin in the direction of the lymphatic flow, at the lymph's own pace.

Biodynamic Lymphatic Drainage is gentle and noninvasive. The slow pace and light contact often prompt clients to relax deeply and even doze off during treatment.



Blog

Chi Gong Class at Heartwood Center

Eight Pieces of Brocade (Ba Duan Jin) chi gong is coming to Evanston's Heartwood Center in

rooms from 5:45-6:45 every Thursday, beginning September 10 and running through October. CHI

gong.



Essential Oils: Pathogen Killers

An article in The Atlantic earlier this year highlighted an important function of essential oils: their ability to kill pathogens. Essential oils are highly concentrated extracts of natural substances such as flowers, grasses



Six Reasons You Need BCST, Pt. 1

Biodynamic Craniosacral Therapy (BCST) is one of the least-known therapeutic tools in the alternative medicine world - and one of the best-kept health secrets on earth. That's a shame, because BCST carries many health-enh



Link Found: Lymphatic System, Brain

For decades, anatomists, medical school professors, and health care professionals have believed that the central nervous system - composed of the brain and the spinal cord - is the only part of the body that does



Chi Gong Comes to Indian Hill Club

I'm happy to report that on April 29, 2015, Winnetka's Indian Hill Club hosted me for a Chi Gong workshop. <http://www.indianhillclub.org> The workshop was part of the Balance Golf program - a special program for women go



Biodynamic Craniosacral Therapy, Pt. 3

Relying on the Tide Over time, Dr. Sutherland developed a system with no osteopathic style manipulation of bones or soft tissue. Instead, the practitioner gently contacts the craniosacral system and trusts the system itself to



History of Biodynamic Craniosacral, 2

Dr. Sutherland and the Breath of Life Dr. William Garner Sutherland, the founder of craniosacral work, initially focused on a biomechanical approach, using motion testing and manual manipulation to release

unhealthy patterns.



Chi Gong Benefits for Seniors

Chi Gong is a form of moving meditation created thousands of years ago in China. "Chi" is the life force; "gong" means "to cultivate." Although cultivating the life force through Chi Gong is gentle, it also can be



Concussion Depression Link and BCST

The NFL has been increasingly in the news lately - not just sports news, but medical news - because of growing awareness of the enormous problem of head injury in professional football. Repeatedly concussed retired NFL pl



History of Biodynamic Craniosacral Pt. 1

Dr. Still, Dr. Sutherland, and Osteopathy is the Cranial Field If you've been perusing my website, you probably already have some idea of what BCST is. But you may be wondering, "Where did this stuff come from, anyway?"





Chi Gong

Chi Gong is a form of moving meditation invented in China thousands of years ago. "Chi" is the life force; "gong" means "to cultivate." The purpose of cultivating our chi is to calm the mind, balance the energies of the body, and encourage the free flow of the life force. The gentle, simple movements of Chi Gong strengthen the body, encourage relaxation, and help the practitioner to achieve a sense of calm.

I offer both group and individual instruction in Chi Gong at reSource Wellness. You can also schedule private Chi Gong lessons with me.

A growing body of evidence suggests that Chi Gong may help with:

- Sense of balance
- Depression
- Mental focus
- Stress management
- Sleep disorders
- Lack of energy
- Circulatory problems
- General debilitation
- Flexibility



reSource Wellness

Helping you rediscover your inner resources for wellness

Biodynamic Craniosacral Therapy (BCST)

Biodynamic Lymphatic Drainage (BLD)

Chi Gong

Recover Restore Replenish



BCST

Rebalance your nervous system and get in touch with the health you were born with.



BLD

Relax and detoxify



Chi Gong

Strength and meditation through movement



About Us

At reSource Wellness, my mission is to create a space where my clients can feel a sense of safety, peace, comfort, and support; tap into the resources for healing that all of us are given when we come into the world; and achieve deep rest that, for many, leads to profound change.

My primary tools for working with clients are
Biodynamic Craniosacral Therapy,
Biodynamic Lymphatic Drainage, and
Chi Gong; when appropriate,
I also incorporate essential oils in my work.

For information on my services,
please visit our services page.
Additional information about costs
can be found on the Pricing page.



Contact Us

SEND MESSAGE

Do you sometimes feel as if life has gotten away from you?
As if you're in a constant, headlong rush and forgotten
how to relax?

CALL US TODAY!

Private Lessons or Sessions

809 Ridge Rd Suite 207, Wilmette, IL 60091

Craniosacral

\$90 for 60 minutes

Lymphatic

\$90 for 60 minutes

[Discount packages available.](#)

Chi Gong

\$60 for 60 minutes

Group Classes

1818 Dempster St, Evanston, IL 60202

Chi Gong Group

\$144 for eight-week session

Chi Gong Group

\$20 for drop-ins

[Contact me for information regarding current classes.](#)

Testimonials

I can honestly say that by far, the most effective treatment for my chronic insomnia has been biodynamic craniosacral therapy sessions with Michelle Bobier. For many years I have tried, unsuccessfully, to find a solution. It was my pattern to wake in the wee hours and be unable to fall asleep for two hours, only to run up against the alarm clock. Medical doctors have offered prescriptions, with mixed outcome and side effects.

The sessions with Michelle seem to have "reset" my brain in a very positive way. I still wake during the night, but am now almost always able to return to sleep within a couple of minutes. The difference is really quite amazing.

Michelle's treatment space is beautiful and a pleasure to visit. I always leave feeling like I've experienced a much needed vacation. I do not hesitate to offer my highest recommendation.

Elaine M.



Thanks again for the treatment, Michelle! Here's my feedback:

I appreciated the explanation both of the importance of the lymphatic system and what you noticed about my body. As an intelligent, curious, and slightly skeptical person, it helps me to know and understand what you were doing. I would love to hear even more about why one's lymphatic system can get blocked up and what would be the natural ways of keeping it flowing better. I found myself wondering while you were working why you needed to linger so long on certain areas, in fact, while I trust you, the skeptical part of me that is trained in the Western scientific model at times wondered whether you "doing anything" by simply holding/gently touching me. And the other part of me told me just to surrender to the process and see what came of it. I would also be curious about how regularly you would recommend that someone like me get treatment from you. I'm curious if you noticed anything else about my body that you felt would need treatment (other than the ear/sinus stuff).

I felt totally safe with you. I felt I could trust you. You conveyed calm mindfulness and confidence. I liked the setting of your office (it was peaceful, quiet, nice lighting, smelled nice, etc.).

In terms of how I felt afterwards, I felt an openness and warmth in my jaw right in front of my ear that I don't typically feel. I also thought that breathing through my nose seemed easier. I certainly felt relaxed and calm. I definitely had a positive experience over all.

THANK YOU!

Katie F.

