

Introduction  
to  
**Craniosacral Therapy**

At  
The Atlantic Coast Hotel  
Westport

Saturday 25th May 2013  
9.00am to 2.30pm

**This is a one day workshop  
where you can:**

*Find out what CranioSacral Therapy is*

*Learn some techniques to use on family  
and friends*

*Find out how it works*

**For more information & booking  
contact:**

Joanna Moran CST-T  
087 2462591

Bridie Mangan  
087 2544660

**Facilitator - Paul O'Malley CST-T**

Paul is an Intro Day Instructor at Upledger Institute Ireland and he has been practising Craniosacral Therapy with adults, children and babies at his Clinic in Naas Co Kildare for 10 years.



Upledger Institute Ireland  
"From our Hands to Yours"

