



### **Najma Ahern: Craniosacral Balancing**

Najma trained in Craniosacral Balancing in 1991 with Bhadrena Tschumi and is a trainer, tutor and member of the International Institute for Craniosacral Balancing. Najma's sensitivity, understanding and compassion make her an inspiring teacher and practitioner. Her work is directed towards an integrative healing of body, mind and spirit, gently supporting the exploration of the self to its fullest potential. Craniosacral Balancing alleviates infantile colic, traumatic brain and spinal cord injuries, migraine headaches, chronic fatigue, chronic neck and back pain, emotional difficulties, TMJ dysfunction, learning disabilities, stress and tension related problems. Individual sessions are available by appointment. Ph 6684 6444.



### **Heera: Craniosacral Balancing**

For 13 years I've dedicated myself to craniosacral, continuously facing three essential realities: the complexity of the neurophysiological mechanism, the mystery that resides within it and the profound beauty that makes this work an art.

With faith in the 'underlying health' to which all the ancient traditions refer, I offer my contribution, balancing the craniosacral system to relieve stress, injuries and aches. My work also includes the biodynamic and visceral approach. In particular I work with babies and children, mothers both pre- and post-natal and anyone whose jaw or nervous system needs help.

Ph. 6685 4971. [heera@aapt.net.au](mailto:heera@aapt.net.au)



### **Portia Hulsewede: Craniosacral Biodynamic and Astrological Life Composition Accredited Health Practitioner, Germany**

Cranio Sacral Biodynamics enables you to experience deep relaxation within your body. Astrological Life Composition is a personal conversation supported by your Astrological birth chart. I like to combine both. Treat body and soul evenly to find balance within yourself! My focus is your light including the integration of your shadows. It helps you to recover your sustaining memories and find ways to use them as resources for your health.

Specials: The brain and spinal cord, infants and children, childbirth preparation, effect of child-birth on the mother, visceral therapy.

Ph: 0438 134 590, [composition@gmx.net](mailto:composition@gmx.net), [www.liquid-life-composition.com](http://www.liquid-life-composition.com)



### **Carmelle Moore: Harmonic Craniosacral, Voice Therapy, Speech Pathology**

Harmonic Craniosacral: Magical touch and music for your soul! In the shamanic tradition, Carmelle creates a resonant sound field to support the vibrational shifts in this deeply restorative realignment of your whole being. Take home meditations are provided. Voice Therapy: Vocal presence, clarity and power! Integrating careful analysis and technical expertise with the subtle science of yoga and the art of soul expression, we empower expression of the full resonance of your voice. Health fund and Medicare rebates available. Carmelle Moore B.App. Sc. Speech Pathology, MSPA, C.P.S.P. Phone 6684 1888, 0422 360 909 [www.carmellemoore.com](http://www.carmellemoore.com)



### **Dhyan Trevor: Craniosacral Balancing**

Craniosacral relaxes the body at its very core, the membranes and fluid surrounding and supporting the brain and spinal cord. This relaxation carries one, naturally, to a space of deep meditation from which arises a sense of wellbeing and peace.

In this space many difficulties with the body simply dissolve, as the body's inner wisdom guides the session. Specifically this work helps with disorders of the lower back and pelvis, neck and head pain, vertigo, Trigeminal neuralgia and hormonal imbalances. Sessions last an hour and a half: allow a quiet hour afterwards.

Ph: 6685 4971, [info@craniosacral.com.au](mailto:info@craniosacral.com.au) [www.craniosacral.com.au](http://www.craniosacral.com.au)