



CranioSacral Therapy with Laura Adrian

Laura's passion is to help people uncover their potential and live with more happiness, ease, clarity and freedom.

Ready to make things happen?

What is CranioSacral Therapy?

- A light touch therapy
- Deeply relaxing
- Works to restore the body to it's natural state
- Works with the nervous system to retrain the brain and body simultaneously

What can CranioSacral Therapy help with?

- any physical pain chronic and acute
- anxiety and depression
- letting go of limiting beliefs and habits
- opening up to new strengths

Here's what people are saying:

"the master's touch"

"a gifted healer"

"intuitive and natural"



