

Ashley Ross, CMT, CEOLS



Biodynamic Craniosacral & Herbalism

Biodynamic Craniosacral Therapy is a gentle, profound and non-invasive hands on treatment for the whole body. The focus is on supporting the health of the whole being, especially the nervous system, which dictates all of the body's functioning. Through perceptive touch in a place of dynamic stillness, you are guided back into the inherent health that is already there. Listening with the heart in a safe and supportive space fosters unwinding from various traumas at your own speed, your own way.

Part of a holistic plan for health can include the use of herbal medicine, a safe and effective way to reach your goals on a physiological and energetic level. Clinical herbalism consultations include a thorough intake, suggested regimens, customized herbal formulas and follow up sessions to assess progress.

Ashley Ross, CMT (Certified Massage Therapist) CEOLS (certified End of Life Specialist) is educated in biodynamic craniosacral therapy from the Intrinsic Touch Institute in Santa Cruz and certified in professional and clinical herbalism from the Northwest School for Botanical Studies in Fieldbrook. Her passion is to foster empowerment over our own health and well-being through nature, intuition, trust in ourselves and others, and remembering who we are.

Please call for more information, or to schedule an appointment.

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