

Jolene Yeager, RN, CST



Craniosacral Therapy & Somato Emotional Release

Healing requires showing up, and a willingness to let go, your Inner Wisdom will do the rest.

As a life long student of the healing arts, I have experienced many approaches both giving and receiving body work. The journey continues, and needs change depending on your place on the path. I am happy to offer **Craniosacral Therapy (CST), and Somato Emotional Release (SER), with an Intuitive approach**, to meet you where you are. I am excited to offer this modality given the personal results I have seen and experienced.

As a RN in the Critical Care environment, I observe first hand the trauma that being in these bodies endure, and am answering a call to help my community however I can. Working directly with the Central Nervous System (CNS), CST offers release from the physical, emotional, and spiritual “hits” the body takes every day. Freeing the Central Nervous System through light, but effective touch, the body self corrects tension, injury, and restrictions, as well as offers relief from symptoms of Chronic Fatigue, Spinal Cord Injuries, concussion, headaches, TMJ Syndrome, orthopedic injuries, CNS disorders, and more. Craniosacral Therapy has also been extensively researched in the treatment of patients with Autism, and is also effective in treating ADD, ADHD, and PTSD. Subtle actions make for big changes.

If you are curious about CST, and have any questions about whether it may be right for you, feel free to contact me by phone, text, or email.

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