

# CRANIAL WAVE

NEWSLETTER OF THE CRANIOSACRAL THERAPY  
ASSOCIATION OF NORTH AMERICA



[www.craniosacraltherapy.org](http://www.craniosacraltherapy.org)

## With Thanks to Sherry Phillips, Past President

On May 31st, 2006 Sherry Phillips completed her term as President of the CSTA/NA.

Sherry, our third President, came on the board in 2003 and was elected President in 2004. These two years of her presidency have been critical in that they have seen the Association begin to emerge from the inevitable dependency of our infancy into an autonomous professional structure.

Growing up is not easy. And these have been turbulent times. Sherry has initiated the taking of many developmental steps along the way. Probably only those close to her can fully appreciate the load she has carried and how much of herself she has given.

As President she has participated in all committee work along with chairing the Education Committee and co-chairing the 2005 Conference Committee. One particular highlight of her presidency has been the transformation of the relationship between the teaching body and the board – from a “them vs. us” situation to one of joint practice.

She will be greatly missed; however, we know that in her role as immediate past President we shall have the benefit of her support and wisdom for a long time to come.

Sherry, we thank you for all you have contributed, we shall miss you and we love you.

*-Your friends, the Board.*

## SUMMER 2006 INSIDE

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### JOIN THE PRIMARYWAVE

We would like to invite you to join The Primarywave. Members of the CSTA/NA sit with Primary Respiration and the intention of peacefulness, 1-1:30 pm EST, every second Sunday of the month, as a way to strengthen our biodynamic community and perhaps encourage a shift toward world peace. We encourage you to share experiences during Primarywave with the community. E-mails may be sent to [sjberman@mindspring.com](mailto:sjberman@mindspring.com) (sarajo berman) with Primarywave in the subject.

## Letter from the President



As you are reading this I will no longer be the president of this association. We have a new Board of Directors in place and they will carry on the work that the 1998 Founding Board established.

Until I became a director I never fully understood the expanse of work that is involved in keeping this organization running. It was made much more efficient in the past 15 months when we hired our Administrative Director, Clare Bonser. Because Clare has such intimate knowledge by being a past board member it was a perfect fit and we are very appreciative of her work in this area.

We also have a volunteer in Canada, Jennifer Song, who handles all of our banking and bookkeeping for us. This is no small job and it is very heartening to know that she is doing this for us because of her love for this organization.

Aside from Clare's substantial contribution with our membership work, this organization runs on volunteer efforts. There is no glory for the many difficult decisions that need to be made and the tedious paperwork that must be completed in order to move one foot in front of the other.

We are always looking for any kind of help that our members are willing to donate. The directors of this organization are always accessible. If anyone is willing to donate time and energy please contact any of us. We have numerous committees and many issues that need addressing.

We have realized for quite some time that the membership benefits are an area that really needs to be strengthened. With volunteers it isn't always easy to address all of the needs. Please be assured that this area is not being ignored. We certainly could use any membership input into what types of services you desire from your professional organization.

You should all be aware by now that four supervision sessions per year will be required from all RCST® members. We have received some negative feedback amongst all the very positive feedback on this issue. Elsewhere in this newsletter there are some letters we have received. Thank you all for your comments. If we have missed responding to anyone please contact us again with your concerns. Things do fall through the cracks.

I would like to thank all of our members for participating with us on this journey to experience the depths and awe of this work we call Biodynamic Craniosacral Therapy. It has been stimulating and inspiring for me to have had the opportunity to explore with all of you. I feel as if I have been blessed by each of you and I appreciate that. I'll see you at the next conference!

-Sherry

## Welcome to our community!

Over the last fourteen months, CSTA/NA has added sixty three new members to its rolls, bringing us very close to the 400 member mark. Along with this new group of members, another fourteen have converted their Student or Graduate level membership to RCST® status. We congratulate and welcome:

### **NEW RCST®S:**

**Irene Arndt**, Colorado Springs, CO  
**Barbara Benzin**, Lafayette, CO  
**Sharon Bianchini**, Boulder, CO  
**Betsy Brown**, Shaker Heights, OH  
**Lucia Castillo**, Berkeley, CA  
**Jennifer Corlett**, Pepper Pike, OH  
**Becky Crawford**, Chicago, IL  
**Shannon Dailey**, Brooklyn, NY  
**Andrea Danzig**, Washington, DC  
**Karla Darnstaedt**, Kansas City, MO  
**Kaveesha deVerteuil**, Mont-Tremblant, QC, Canada  
**Clara Favale**, New York, NY (welcome back!)  
**Serena Fennell**, Santa Cruz, CA  
**Cathrine Fox**, Seattle, WA  
**Gary Gilbert**, Fair Oaks, CA  
**Georgi Gochis**, Manitou Springs, CO  
**Karen Goodfellow**, Burnaby, BC, Canada  
**Siana Goodwin**, Minneapolis, MN  
**Nancy Goss**, Oreland, PA  
**Susan Griffin**, Lafayette, CO  
**Sarah Hallowell**, Boulder, CO  
**Jo Ellen Harris**, Ojai, CA  
**Carole Harris**, San Rafael, CA  
**Diane Harshman**, Mesa, AZ  
**Rebecca Hawkins**, Coleman Falls, VA  
**Jerianne Heimendinger**, Manitou Springs, CO  
**Carol Hudson**, Country Club Falls, IL  
**Judy Huston**, Boulder, CO  
**Ginger Ingalls**, Washington, DC  
**Leah Kahn**, Ramat Beit Shemesh, Israel  
**Karen Kerns**, South Lyon, MI  
**Karen Lovejoy**, Crestone, CO  
**Susan Manchester**, Boulder, CO  
**Peggy Olson**, Wakefield, RI  
**Olivia Parrish**, Forestville, CA  
**David Paxson**, Conway, SC  
**Diane Peterson**, San Rafael, CA  
**Lorraine Richey**, Reston, VA  
**Raven Rowanchilde**, Fergus, ON, Canada  
**Carla Salinas**, Boulder, CO

**Judith Schnack**, Encinitas, CA  
**Rachid Seklaoui**, Ann Arbor, MI  
**Karen Skaggs**, Jackson, WY  
**Stan Spector**, Modesto, CA  
**Dave Stuckey**, Boulder, CO  
**Kay White**, Waterford, MI  
**Lorraine Yanku**, Leesburg, VA

### **NEW GRADUATES:**

**Dechen Groode**, Kihei, HI  
**Leila Joseph**, Lincoln, VT (welcome back!)

### **NEW STUDENTS:**

**Susan Bloye**, Ann Arbor, MI  
**Richard Challenner**, Woodland Park, CO  
**Holly Crammer**, Monroe, MI  
**Marion Ferry**, Santa Cruz, CA  
**Mary Foss**, Vancouver, BC, Canada  
**Kimberly Foster**, Oakland, CA  
**Pat Graef**, Berkeley, CA  
**Meghan Hart**, Carlinville, IL  
**Sarah Hovey**, Victoria, BC, Canada  
**Allison Howard**, Lafayette, CO  
**Christie Johnson**, Temecula, CA  
**Robyn Jones**, Santa Cruz, CA  
**Amaret Kinsch**, Nederland, CO  
**Gillian Kok**, Kanagawa-ken, Japan  
**Sidney Lanier**, Big Sur, CA  
**Sasha Lawler**, Ann Arbor, MI  
**Lorina Mendosa**, Redwood Estates, CA  
**Elise Morrin**, Monroe, MI  
**Frank O'Neill**, Boulder, CO  
**Karen Ouse**, Aptos, CA  
**Adelheid Pramhas**, Pittsfield, MA  
**Rita Rosengren**, Santa Barbara, CA  
**Bunny Sendelbach**, Wilmette, IL  
**Tamara Starr**, Carmichael, CA  
**Anne Varieur**, Ypsilanti, MI  
**Suzanne Vickers**, Columbus, OH  
**Laura Walter**, Santa Cruz, CA

### **NEW ASSOCIATE:**

**Wong Haiiao Hung**, East Richmond Hill, ON, Canada

## Letter to the Editor

To the Editor, Cranial Wave:

This letter is in response to the article in the Cranial Wave (winter 2006) titled "A Guide to Supervision, Part Two". The article states, "CSTA/NA is requiring every member to have a minimum of 4 sessions a year with their supervisor(s)." Further, in Sherry Phillips "Letter from the President", she states, "At our general meeting we raised the issue of supervision. The Board of Directors passed a policy that our RCST® members will need four sessions of supervision per renewal year. There was quite a lively discussion about this with the general feeling that it was a good policy towards becoming more professional."

I think it is a good idea for the CSTA/NA to be thinking of how to maintain professional standards. However, I feel strongly that any new potential policy should be put to the members to get feedback before the Board of Directors makes policies. Any potential policy could be put to the members for feedback and comments via the Cranial Wave

incorporating a fax or mail back information and comments sheet. In this way a policy that affects all the members would not be made, even after lively discussions, by a few. This is the procedure that is followed by the College of Physiotherapist of Ontario (licensing body for Physiotherapists in Ontario) when they want to institute or change regulations.

I have given this matter a lot of space before setting these words down. I feel a mandatory requirement to have four sessions yearly with a supervisor infringes on the RCST®'s own judgment as to their ability to give a session that is "whole, clear, alive, deep, authentic, and safe". I feel our Biodynamic Craniosacral training is very special indeed and the setting of practitioner's fulcrums so that the relationship with the client is one based on grounded, neutral centeredness is a topic stressed and practised repeatedly. In other trainings I have been a part of, this very core belief to the work is glossed over, if mentioned at all.

I feel a CSTA/NA member should have the choice to have a supervisor or not. The CSTA/NA should allow members a choice of activities that would help maintain professional standards. One activity, out of a list of such activities, could be a yearly requirement of membership renewal. A suggestion of some activities could be to have a supervisor, to attend a related course or to give evidence of a self study project. This would allow the CSTA/NA member to work on individual needs that would help ensure the continued integrity and purity of their work.

Thank you for the opportunity to express my views. I would like to think that the Board of Directors would take another look at adopting this policy and I would be interested to hear comments from other CSTA/NA members on this issue.

*Sincerely,  
Sylvia Cook, PT, RCST®*

## Board Member news

On behalf of the Nominations Committee many thanks go out to Jon Laking and Linda Kurtz for their willingness to serve on the Board. We would also like to acknowledge the following outgoing members for their generous service to the Board: Sherry Phillips, Donna Waks, Helen Rea, Cherionna Menzam, John Chitty and Lynn Warschauer.

No election was held because the number of available seats exceeded the number of candidates. However, the transitional Board meeting in May of this year showed great enthusiasm and willingness among members to work as a team. We encourage all members to come forward to serve on the many committees that form the midline of our organization.

*Warmly,  
Pat Donohue, RCST®*

## Board Response

April 28, 2006

Sylvia Cook, PT, RCST®  
460 Donegal Street  
Peterborough, ON K9H 4L8  
Canada

Dear Sylvia,  
Thank you for your correspondence regarding the Supervision requirement that has recently been implemented for the RCST® membership of CSTA/NA. My answers to your inquiry are a collaboration of the entire Board of Directors and not my own personal viewpoint. We took much time and effort trying to thoughtfully and respectfully address your concerns.

If the work is truly biodynamic, rather than mechanical, (no judgment on better or worse, just different) then processes may arise in both the client and the practitioner, which are not subject to the intellect. These can be disturbing to *either party* if not properly held. We are taking "bio" as meaning from nature, as a synergy of two people working together at a deep level, rather than mechanical intervention. From the source itself, might be another way of putting it. From very deep in the psyche, via the

body, would be another way. This, we believe, is where BCST is going, wherever it is practiced. In the early days, CST was rather more mechanical, then bio-mechanical, now bio-dynamic. The practitioner approaches the client and gets into relationship with that client from the depths of his/her being, not just the intellect. It becomes very important, then, that that being is as clear as possible and not judgmental or manipulative. If we are working bio-dynamically, that is. The purpose of supervision is to provide an objective check-in mechanism, a help for viewing ourselves from outside of ourselves.

What is the board for? The board is elected, to (among other things) represent the membership and to deliberate on matters which concern them and introduce boundaries and rules which, at the same time, protect the practitioners and protect the public. Towards this end the board will often consult from amongst the membership and for specialist expertise from outside the membership. In the three years that I have been on the board I know we have often consulted with the membership, asked for feedback,

solicited input and volunteers.

Each and every decision that we make cannot be directed to the membership for input or we would not get anything accomplished and it would cost quite a bit of money as we have close to 400 members at this date. We do realize that not everyone will be happy with the decisions that are made but we do deliberate with integrity and responsibility for all parties concerned. The buck has to stop with the board. That is what we have been elected to do. Please be assured that each one of us that made this decision is in supervision ourselves.

The choice of activities that you suggest is more along the lines of continuing education, which is another area that has been addressed. No formal decision has yet been reached and if you would like to have input into this area please feel free to contact the Board of Directors.

*With respect,*  
*Sherry Phillips, RCST®*  
*President, CSTA/NA*

### Welcome Oliver!

Oliver Lucca DeVito arrived on the planet on February 24th, 2006. His ecstatic parents are Merrill (RCST®) and Adam DeVito. Merrill graduated from her foundation training at the Colorado School of Energy Studies, and she and her family now live in Sausalito, CA. Merrill reports that sleepless nights from colic were averted following cranial work from Dara Knerr Colacchio, RCST®. Congratulations everyone!

## Letter to the Board

Dear CSTA/NA Board and fellow members,

I am writing to express my deep gratitude to the Board for their leadership in enacting the requirement for supervision.

There is no doubt that each of us is very busy. One more thing to be done, one more expense can feel burdensome, indeed. However, the nature of our work is so deep, for both client and practitioner, that it is essential that we have a support system to address the inevitable issues that arise for us as practitioners. Supervision provides this kind of nurturing support. When we partici-

pate in supervision, we are really saying that we want to be as clear and grounded as we can and bring our best to each session.

Another important benefit of required supervision is that it makes a statement about the high standards of our organization. Energy medicine is at the threshold of integration into our health care system. Part of the process involves the high demand from clients/patients. The other part of the process involves careful review of training and standards for certification/recertification. In many states, legislators are making decisions about licensure for energy practitioners. More hospital adminis-

trators and medical staff will deliberate which therapies to offer. I believe that our extensive training, requirements for continuing education and supervision will speak highly for us and make us shine.

Thank you, again, Board members for your courage to take this important step. I trust that as each our members receives supervision, the wisdom and value of this new requirement will be experienced.

*Sincerely,  
Deborah Whitman,  
DMD, RPP, RCST®*

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## Biodynamic Craniosacral Therapy – for discussion?

By Mike Boxhall, FCSTA

At its tenderest, BCST is a journey, taken in company, that facilitates a revelation of the Spiritual health that underlies all pathology.

What we try to do, in joint practice with another, is to enter a state which is below or inner to, the level at which disease comes in to being. A place of Spirit or original intention, not yet expressed, where the choice exists, through remembrance of that intention, of not being a victim of undigested and dis-empowering, life experience.

What is demanded from the practitioner is total commitment to the work that arises naturally out of free play of Intelligence itself, unhindered by the demands of the intellect. A

surrender of knowing, which is limited, and entry into the insecurity of unknowing, which carries infinite potential.

I am fully aware that we all need structure. That structure may have come from being a trained therapist in one model or another or may have come from being a parent or may have just come from being an adult surviving in this increasingly complex world. We have developed a sense of who we are in relationship to ourselves, to others and to the world. Perhaps even to the universe.

A large part of my mission is that this work should not become exclusive. This sadly is the case with so many models, and teachings, in my view. There is the all pervasive attitude that my this, that

or the other, is better than your this, that or the other. Be it family, nation, religion or therapy. What I would like to encourage is that there is a level of being that is common to all of us, we could say to all life, and that level is what I call the Spirit. We have the option to work at this level.

What separates us from each other, is relative and personal, what unites us all is absolute and common.

To touch that place of what is common is to touch a level of being that precedes the descent into the particular and thus opens the possibility of that coming into the particular and personal, modifying itself. Remembering its original blueprint, if you like. A rebirth in the constant present. We all have a “how we

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meant to be” a step-by-step evolving form, which has modified as we came along, according to the build-up of undigested life-experiences that we carry around. These have become so crystallized, entrenched, that that is now who we think we are. This is not who we are, truly speaking, but an expression of what we have done and what has been done to us.

We are all quite dis-empowered from our true beings by all that stuff which is no longer present, in any real sense, but is a trace of yesterday.

If we take these words as a kind of introduction, it occurs to me that there are a number of subject headings that we might like to keep in the back of our minds for discussion. Just see what comes up without my attempting to limit or define what should come up.

These are some headings that may, or may not, be useful:

What gets diseased? Is it me or my body? Am I my body?

Should we be treating disease or working with wholeness?

Where is the wholeness? Is it subject to the intellect? Quantifiable, as to time and space?

What about boundaries? Can there be a boundary to the Spirit?

Who does the work? The practitioner? The client? Or the synergy arising from the two?

Who can do this? I have evidence of toddlers doing it. What then, is the purpose of training and structure? I would love to see this debated.

Levels of working. It is important, in my view, not to have an idea that mechanical or emotional or Spiritual levels, can somehow be better or worse than each other. It is equally important to be clear about what level we are working at or confusion will surely result.

Can I maintain this level? What happens when I lose it? Do we then invest a lot of energy in beating ourselves up for somehow failing to meet

our target of perfection or do we just come into the present, notice what is and move on without feeding the lapse with the energy of attention?

How does this work? How do we know what is happening (if anything) and whether it is safe? Did Sutherland mean “you can rely upon the Tide?”

Why don't we do that, then?

How do I explain what I am doing/not doing? To the client or anyone else?

All these, and many more, questions have been raised over the years. It would be my wish that they might stimulate some dialogue.

If Bio- means Life and if Dynamic suggests movement or change, then the two together might have something to do with letting Life itself make the change, not the practitioner!! Perhaps, that is what Sutherland meant! That would be a healing of infinite possibility but we would have to surrender our egos!

## Liability insurance for members of CSTA/NA

CSTA/NA has established a relationship with Associated Bodywork and Massage Professionals (ABMP) in order to provide our members with an easy and reasonably-priced method of acquiring Liability Insurance. Membership with ABMP at the “Professional Level”, for which our US resident graduate members qualify, costs \$199 per annum, with a \$50 discount for CSTA/NA members. So, for \$149 p.a., among other benefits, you will be covered for liability at the rate of \$2,000,000 per incident, as well as have the option of being listed

on their nationwide network of bodyworkers. Unfortunately this offer is not available to our out-of-US members.

Presently, this listing will be under the heading “Cranio-Sacral Therapy”, the only option at this time. However, once 50 of our members are registered as ABMP members, they will add a “Biodynamic Craniosacral Therapy” listing. For further information please visit their website at [www.abmp.com](http://www.abmp.com) or phone them at 800 458 2267.

## In Memoriam: For Annika

By Peggy Reynolds-Olsen, RCST®

Annika Traner came to me as a client several years ago. She had been diagnosed with Liver cancer at the age of 16 and had been through many surgeries and traditional cancer treatments. By the time I met her she had been going through this process for 10 years and had lost all faith in allopathic medicine and wanted to “do it her way”. Annika was sure she could heal herself with a Macrobiotic diet and holistic treatments. Over the years she would go through times of getting stronger and then have those times of feeling weaker. The Craniosacral work we did really helped and she had been studying to be a holistic practitioner so she signed up for the foundation training. Annika was very sensitive, which made her a great cranial practitioner. She was the barometer in our class of the unspoken. She had the knowledge that she would not live as long as most and thus was in a big hurry “to get it.” She brought a depth of inquiry to class that was beyond any of us. Her courage and openness was such a gift to all, to witness her process gave me deep peace yet brought up my deepest fears. She truly wanted to go on living and yet her body was very weak. Our last class was in August. Annika was not strong enough to come to class but joined us for our graduation. She

passed just a few weeks later. By the time she left her body she was 26 years old. It seems she had truly made peace with leaving. Her mother said she was sitting with her when she left and she had a smile on her face.

A fellow student writes “Annika was someone who consistently pushed me to be present for her, just as she tried to be present for those around her. In the face of challenges that many have not experienced, she consistently stayed committed to deepening within herself and setting an inspiring example for those around her. Her influence on me has been profound and I look forward to meeting with her again. She is a true friend.” - *Kerry Tepedino*

Annika’s mother adds the following: “Craniosacral work made perfect sense to her. Her acquaintance with cranial took her from being an agitated, uncomfortable girl to becoming a confident woman who had the tools to gracefully manage the final stages of her illness and life. She felt as if she had “come home.” Completing your two year course was an accomplishment that made her happy and proud.” - *Sheridan Traner*

Words from a fellow student: “Annika is at once a child, full of impatience and very demanding, and a very

wise old woman. Annika, while only a teen, was forced to jump into the abyss of pain and uncertainty and landed with immense healing power as an adult. Each day is spent as if it might be her last on earth. Because of this healing power, she touches the lives of many, sometimes with no intention to heal or even be involved. She is still waiting in my heart, prying it open when I fear the angel might be gone.” - *David Zieve*

Another student shares: “Annika was a rare and exemplary being who really gave herself to the practices of craniosacral therapy. Not only did she understand it, she was extremely sensitive to those she worked with and in this way she contributed a lot to our training. SHE WAS THERE! In more ways than one, for sure. Looking back on it though, I think that by her being able to do the craniosacral training, this made it a smoother and more uplifting transition into the light.” - *George Ulrich*

This young woman asked nothing less than complete and total presence at all times. Many times I would say that she was the true teacher in class. I feel so blessed to have spent these years with Annika and I miss her.

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Contributions, including advertising, articles, illustrations, and photos, are welcome..

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