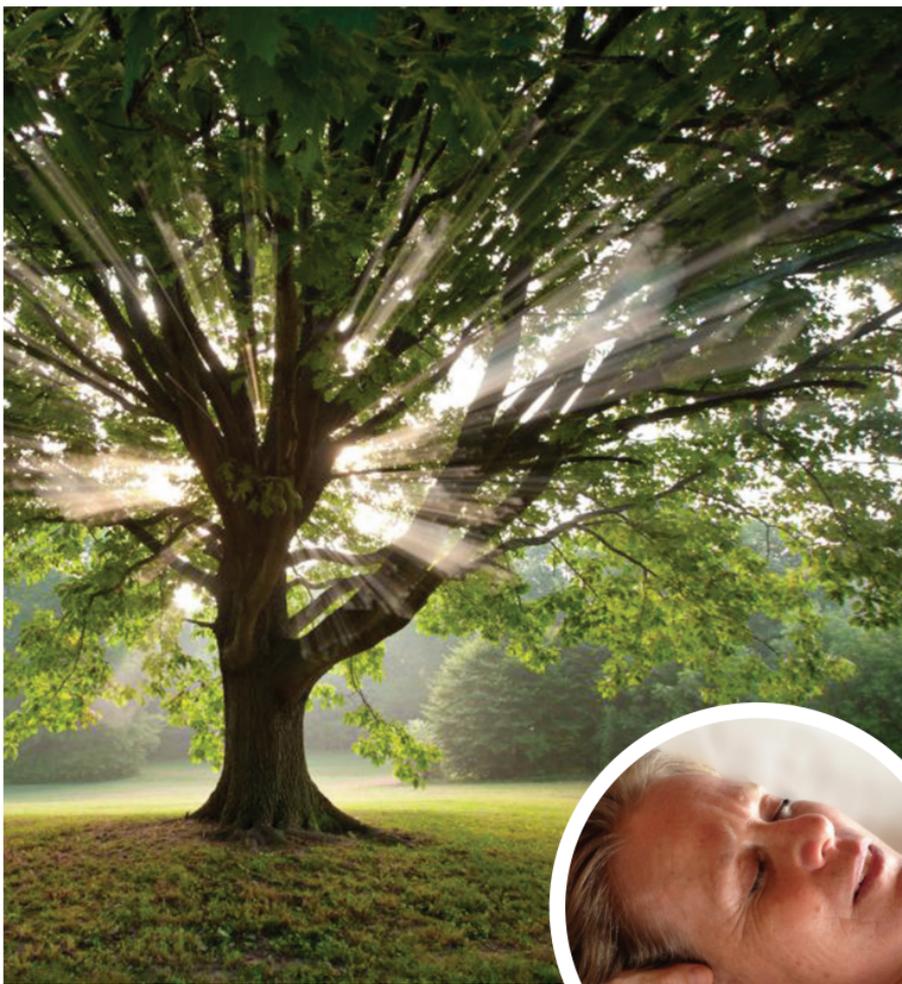


Introducing
**radical
craniosacral
therapy**



a potent fusion of
**Radical Inquiry and
Biodynamic Craniosacral Therapy**



Radical Craniosacral Therapy is a unique hybrid therapy of 2 hours duration

"Who looks outside, dreams. Who looks inside, awakens." ~ Carl Jung



The first part of the session is founded on a facilitated form of inner inquiry called **Radical Inquiry**, which "turns the mind back upon itself." We use the tools of willingness, curiosity, observation, breath and staying in feeling-communion with whatever arises. This not only reveals what subconscious patterns are running us, but also helps us access our own wisdom and heart.

All of us have emotions and underlying beliefs that have been buried in the body from the womb and childhood onwards, which hold us in contraction and numbness, restricting life force. The aim of Radical Inquiry is to discover the fundamental or root source of an issue, feeling or belief, so that it can be released.

In the second part of the session Radical Inquiry is followed by the gentle hands-on deep listening of **Biodynamic Craniosacral Therapy**. This approach does not use manipulation but accesses the Primary Respiration or Breath of Life. It connects with the incredible wisdom and intelligence inherent within the system itself, to integrate and amplify the changes at a physiological level. As a result, balance is restored so that healing and wholeness are experienced.



Through stillness and informed touch the therapist becomes a fulcrum for the nervous system to recalibrate. The body can let go of its contraction and welcomes the renewed ease and flow.

The deep and powerful Radical Craniosacral Therapy process liberates the life force and allows greater peace and joy to emerge. Relationships improve as we recognise what may be calling for love in our lives. This paves the way for grounding a true lived spirituality.

About Hila

For over 25 years I have been engaged in bodywork therapies, self-development and teaching. Since honing self-awareness in the 3-year full-time Alexander Technique Teacher training back in 1989 in London, my fascination and passion for body-mind modalities has deepened.



I practice Watsu [Water Shiatsu], becoming the first Watsu Instructor in the U.K in 1999. I continue to teach in clinics, spas, hospitals and hospices nationwide and abroad.

My curiosity around sensing the inner body movements of clients during stillness in the water sessions led me in 2002 to study Biodynamic Craniosacral Therapy for 2 years with an early pioneer, Franklyn Sills. With over 10 years now dedicated to tuning into the healing energies of the body, my greatest learning and teaching has come from the many sessions I have been privileged to facilitate.

Since 2010 I have divided my time between the U.K. and an ashram in Bali, where the focus is the Way of Mastery Pathway. Here I studied and practiced Radical Inquiry and graduated as a Senior Pathway Teacher.

Please call or email me if you would like to find out more.

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