

BIODYNAMIC CRANIOSACRAL THERAPY (BCST)



Chanuntorn Wason (Ai Wason)
Registered Craniosacral Therapist (RCST)
Helping You Get Back on Track & Feel Whole Again

WHAT'S COVERED!



Clients Often Experience

Who can Benefit?

What is BCST?

A Special Type of Touch

BCST's Roots

Inherent Treatment Plan

What to Expect

Working with Trauma

About Therapist

A Few Messages

Stay in Touch & Resources

CLIENTS OFTEN EXPERIENCE
MORE



resilience



energy



calmness



mental clarity

A reduction in pain/ Better overall health/ Improved immunity/ Improved sleep/ Better digestion/ Feeling more energetic/ Feeling calmer and more relaxed/ Coping better with stress/ Improved body awareness/ Feeling more connected and aware. After a series of treatments, improvement in the symptoms, greater vitality, and a sense of well-being

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WHO CAN BENEFIT

Treatment for an extensive range of clients

Pain

Fatigue

Stress-related conditions

Difficulties with Sleep

Digestive issues

Improving general physical, mental
and emotional well-being



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WHO CAN BENEFIT

Gentle enough to work with various clients

During pregnancy

After childbirth

With newborns

Young Children

Adults

The Elderly

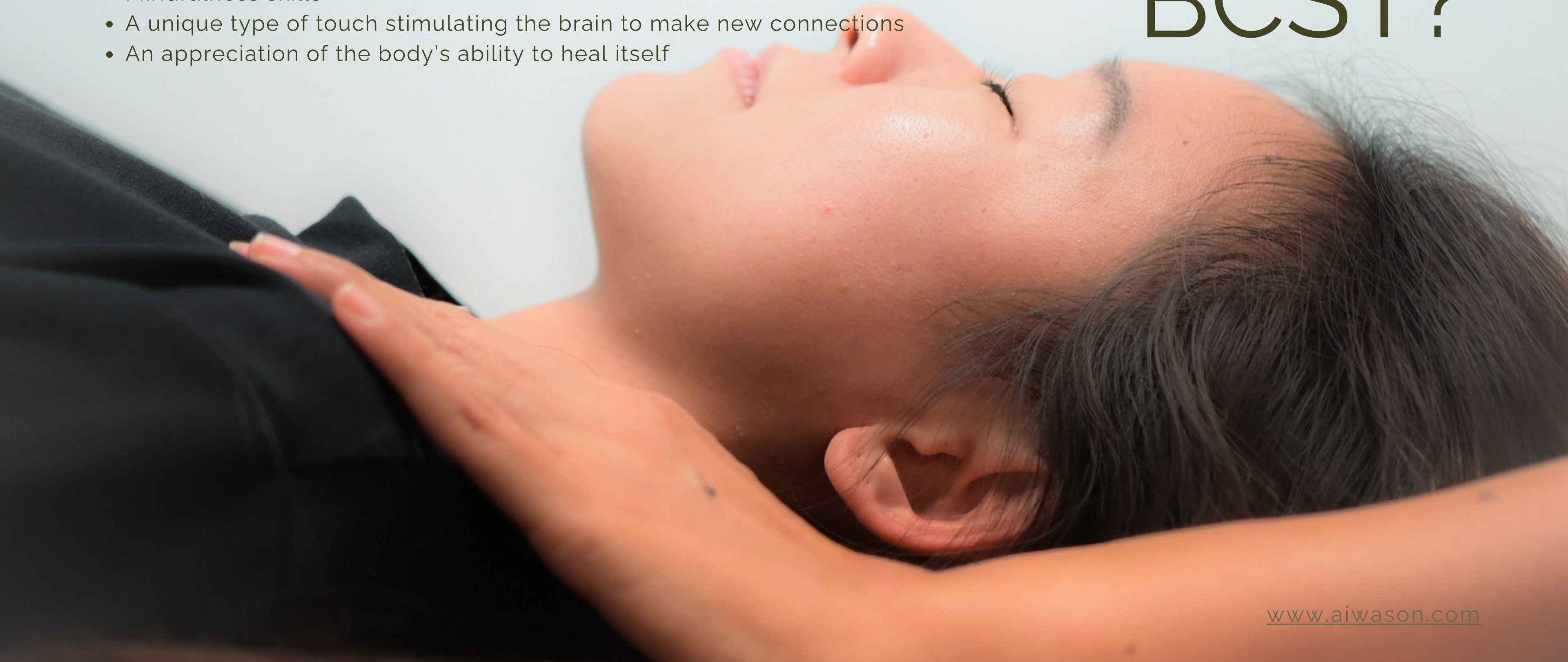


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Biodynamic Craniosacral Therapy is an advanced therapy that combines:

- A Western scientific understanding of the body
- Mindfulness skills
- A unique type of touch stimulating the brain to make new connections
- An appreciation of the body's ability to heal itself

WHAT IS
BCST?



A SPECIAL TYPE OF
TOUCH

Safe, supported, and held
Acknowledge the whole of a person
Switch from fight or flight to rest and repair
Relaxation, balance, and rejuvenation



light &
reverential



no pressure



no manipulation



no force

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BCST'S ROOTS



The therapy has its roots in the discoveries made by Osteopath Dr. William Garner Sutherland in the late 1800s.

He developed an approach to Osteopathy known as "the Cranial Concept." These original concepts have been refined and extended to become the Biodynamic Craniosacral Therapy of today.

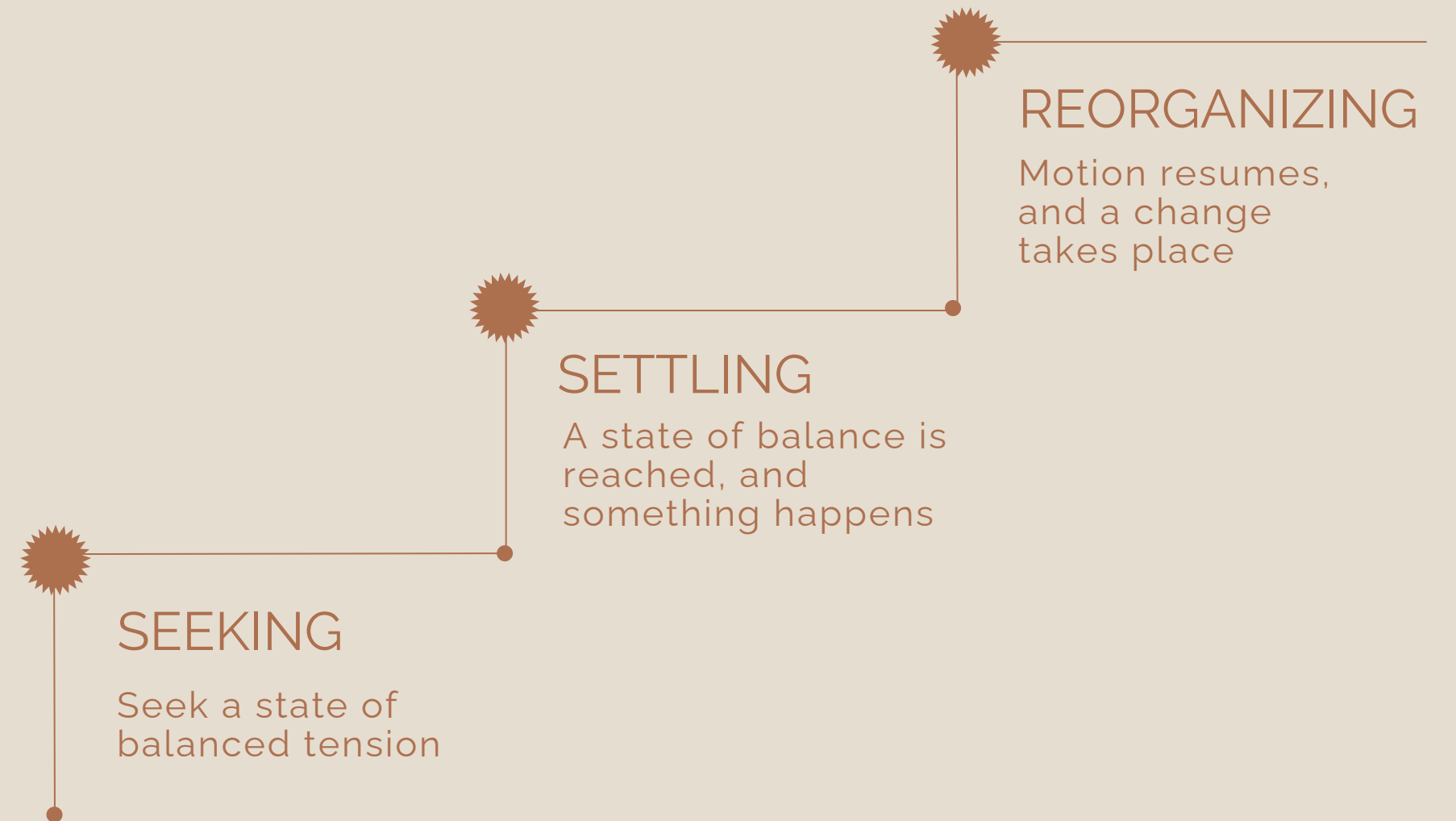
BCST is a progressive therapy that embraces the latest findings in medical science and the wisdom of traditional healing arts.

The body's intelligence to heal and to facilitate self-repair is central to the therapy.

www.aiwason.com

TREATMENT INHERENT PLAN

Manifestation of balance from within and led by the client's body



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WHAT TO
EXPECT
Your Therapist Will

Ask you about your general health, past & now

Ask you to sit or lay fully clothed on a treatment table

Make gentle contact with your body

Guide you to explore sensations



WHAT TO
EXPECT
Clients report noticing

Feelings of release in the restrictions
and tensions in their tissues

Small movements and adjustments

Temperature changes

A deep sense of relaxation or relief



WORKING WITH
TRAUMA
Undigested life experiences



Gently facilitating your body and brain to resolve held experiences without the need to revisit the original traumatic incident.

Any undigested experiences that are too overwhelming or traumatic to cope with can remain in your system, locking your body in a fight-or-flight state.



The long-term effects of this unresolved trauma can include feelings of dissociation, stress, and hyperalert and can lead to illness and disease.

ABOUT THERAPIST

“To touch is to give life.” – Michelangelo

“This quote relates so much to me and the craniosacral practice. I believe in the power of touch, which is safe and nurtured, the relational touch that meets the whole person, not just parts. I intend to offer a safe, gentle, and nurtured space with an exploration mind and no judgment. I believe when people are no longer in physical or emotional pain and harmony with their bodies, they are kinder and more peaceful, and that kindness and peacefulness will fall into our community and the world.”

After many years in a few multinational companies, different roles, and industries, with a few transitions and moves, Chanuntorn has now landed and offered Biodynamic Craniosacral Therapy in Bangkok, Thailand. Her discovery of Biodynamic Craniosacral Therapy happened while she lived in Singapore in 2018. It has helped her get back on track and feel whole again.

She is a Registered Craniosacral Therapist (RCST) and a professional member of the Pacific Association of Craniosacral Therapists (PACT). She specializes in the Biodynamic approach that combines a Western scientific understanding of the body, mindfulness skills, a unique type of touch, and an appreciation of the body's ability to heal itself. She also specialized in treating people with physical and emotional trauma, as well as working with people's faces to release trauma. As a craniosacral therapist, healing trauma doesn't have to be traumatizing or reliving the trauma, but joyful. Her training includes a 2-year diploma in Biodynamic Craniosacral Therapy and Level 2 Natural Facial Rejuvenation. She looks forward to connecting and getting in touch with all of you.



Calm, Clarity & Compassion,
Chanuntorn Wason (Ai Wason) | RCST
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A FEW

MESSAGES

To make the most of your session



- Spare 5-10 minutes before your appointment to allow the body to decompress.
- Wear comfortable clothing and avoid eating a large meal before the appointment. You will remain fully clothed throughout the session.
- Cranio-Facial Release: please avoid heavy makeup. There will be no products applied to the face.
- You may re-book BCST or Cranio-Facial Rejuvenation 48 hours after the previous appointment to allow the integration process.

www.aiwason.com

GET IN TOUCH



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helloaiwason@gmail.com
+66816428526
[@blissandbalance.th](https://www.instagram.com/blissandbalance.th)

Here are more resources that can be accessed publicly:

- www.aiwason.com
- [@blissandbalanceth](https://www.instagram.com/blissandbalanceth)
- [Body Intelligence](#)
- [Pacific Association of Craniosacral Therapists \(PACT\)](#)
- [The Human Condition - BCST Overview, Process, Benefits](#)
- [Centro Craniosacral IT - Benefits and Results](#)

