

# Christ-Centered Healing Tools & CranioSacral Therapy

~ a workshop of 3 classes taught by Kisi Watkins, LMT, CST, CFZ ~

CranioSacral Therapy (CST) is a gentle, non-invasive, hands-on therapy, both manual and energetic, that deals with restrictions in the housing of the central nervous system and with other physical and emotional restrictions in the body. Although practicing it professionally requires a license to touch, and the laws are becoming more and more strict about who can work on who without a license, CST can be a wonderful blessing for you and your family and friends. This workshop of three classes is taught by Kisi Watkins, a licensed CranioSacral therapist, and is taught in the format of one 2-hour evening and three full days, 9 a.m. - 6 p.m. The series is designed to teach you the fundamentals of CST, and also to address the reality that Jesus Christ is the true healer and that all forms of therapy are best applied when they are aligned with the Gospel of Jesus Christ. While professionals are restricted by law in how much they can directly use Gospel principles in their therapies, lay people are not. Thus, this workshop can make some wonderful tools available to you. It will also address how Foot Zoners can use a modified version of CST in their practices.

**The first class** is **Christ-Centered Healing Tools** -- a free, 2-hr. class open to as many people as can fit in the location. In this class we discuss the meaning and implications of "unbelief" and the pattern God has given us for having Him deliver us from every sort of bondage. We look at how principles which align with the Gospel can help you to overcome many ailments, including staying off the flu, and we teach you how to do Ho'oponopono. Christ-centered healing tools can be more powerful than medicine -- herbal and pharmaceutical. Anyone can learn these tools, and you will be surprised to find that you have gifts in this area you never knew you had.

**The second class** is **Self-Helps to Healing** -- a 4-hr. class in which we will discuss and learn how to use an array of Gospel-centered healing tools, including among other things: 1) the power of staying present, 2) a BodyTalk method to use when you're getting sick, 3) the Healing Codes, 4) Joe Dispenza's work, 5) Kirk Duncan's work. The cost of this class is \$35, and Christ-Centered Healing Tools is a pre-requisite.

**The third class** is **CranioSacral Therapy 1**, a complete 20-hr. CranioSacral Therapy workshop. Discovered by doctors in the early and mid-1900's, CST can help to resolve a large range of ailments, including headaches, neck and back pain, seizures, digestive disorders, TMJ, fibromyalgia, depression, emotional problems, ADD and ADHD, dyslexia, autism, and other learning disabilities. While there are many branches and schools of CST available, Kisi received the core of her training through the Upledger Institute, an internationally renowned organization which has trained over 100,000 doctors and therapists in the skills of CST. The cost of this class is \$265. The 2 classes above are pre-requisites, and so the cost of the full workshop is \$0 + \$35 + \$265 = \$300.

Come join us, and bring your spouse and friends to the free evening & following morning presentations.



Kisi Watkins, originally from Midvale, UT, is a mom who went to the U of U & BYU, went on an LDS mission to Upstate NY, got married and taught high school and college math, then moved to Provo 33 years ago. After retiring from teaching to be a stay-at-home mom, she went back to school and became a CranioSacral therapist. She also co-founded and directs "3 Steps" (a neighborhood-based emergency preparedness program) with her friend Sandy White. Kisi now also teaches Foot Zoning for Julie Cheney's school The Sole Academy. This CST workshop can be substituted for 2 of the Advanced Foot Zoning classes for Certification.

**The 3 classes are progressive, meaning you must attend Christ-Centered Healing Tools before you can attend Self-Helps to Healing, and you must attend both of those before taking CranioSacral Therapy.**

**Registration is required for all classes, including Christ-Centered Healing Tools, as space is limited. Full CST Workshop participants and their spouses have first priority on seats at the free class, but anyone is welcome to the extent there is space.**

**If you're interested, email or call Kisi and she'll email you a registration link:**

**[kwatki2@gmail.com](mailto:kwatki2@gmail.com)** 801-830-6231 cell. For more about Foot Zoning, go to [thesoleacademy.com](http://thesoleacademy.com)