

Discover CRANIOSACRAL THERAPY

MEMBER APPRECIATION DAY



Craniosacral therapy

is a gentle, hands on treatment technique used to address pain and dysfunction resulting from a range of conditions, including but not limited to sports injuries, spinal conditions, concussion and head injury, illness, trauma, developmental disorders, and stress and anxiety. The cranium, spinal column and sacrum are a continuum protecting the central nervous system, and in this method they are mobilized very gently to address imbalances and asymmetry in all systems of the human body. Once viewed as an alternative treatment, craniosacral therapy is rapidly gaining attention and is used in a variety of health care settings.

Ever wondered what craniosacral therapy feels like and if it would benefit you? Want to try it? Sign up for a free 15-minute session on October 24, with Kathleen Doehla.

Kathleen Doehla, M.S. P.T., is a licensed physical therapist and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe. Doehla graduated with honors from Hamilton College, and received her M.S. in physical therapy from the Medical College of Virginia in 1999. She has advanced manual therapy training in myofascial release, muscle energy, joint and spinal alignment techniques, and energy work through the Center for Integrative Manual Therapy in Hartford, CT. She has trained with Kinesio Taping Association International and is a Rock Doc for RockTape. Doehla is a triathlete, masters swimmer and locally competitive trail runner and mountain biker.

Tuesday, October 24

9:00 - 11:00am

with Kathleen Doehla, M.S. P.T.

Location: Group Fitness Room • Private 15 minute time slots
FREE to members • Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com
The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE