

Wellness

CST is being talked about in Glamour magazine.com

I Went to Sleep Boot Camp to Find Insomnia Cures That Actually Work

Now I'm sleeping like a comatose little angel.

By Sarah Wu

Article at: <https://www.glamour.com/story/i-went-to-sleep-boot-camp-to-find-insomnia-cures-that-actually-work>

Also, Bishop's University Gaiters Sports Medicine Program Talks about CranioSacral Therapy and uses with their Sports Medicine Program

<https://gaiters.ca/sports/2019/2/26/craniosacral-therapy.aspx>

- [Athletic Therapy](#)
- [Physiotherapy](#)
- [Massage Therapy](#)
- [Osteopathy](#)
- [CranioSacral Therapy](#)