

February 16, 2008



A student on the last day of class.

The class practicing Dural Tube Traction.

## In The Heart of Oaxaca

**By Tad Wanveer, LMBT, CST-D**

The indigenous people of Oaxaca, Mexico, as in many communities of the world, have limited access to standard healthcare. February 7-11, 2008 I taught a 5-day class in Oaxaca specifically designed to help villagers use CranioSacral Therapy (CST) with common conditions encountered in their communities.

Some of the conditions are post-traumatic stress disorder, traumatic brain injury, asthma and croup, bladder dysfunction, high blood pressure, diabetes, eye issues, gastritis, stroke, and infection. Using the corrective capacity of craniosacral system (CSS) mobilization was a focus throughout the class. The techniques were adapted for ease of learning, recall, and to enhance efficient use. The essential aspect of each skill was maintained during the process of developing and teaching the

material. Sensing organ adverse patterns and use of CSS dynamics in aiding correction of those patterns were included in the class.

The class was organized locally by two groups in Oaxaca dedicated to training villagers in methods of natural health remedies, nutrition, diet, care of the environment, and organic agriculture. Two friends in Mexico helped with translation and printing of the study guides, organized teaching assistants, and translated while I was teaching the class, and another friend donated my airfare.

The students enthusiastically absorbed the work knowing they were returning to their villages with newfound skills. These inspiring people are engaged in various trades such as selling fruit and vegetables in the local market, making organic fertilizer, and subsistence farming. They work extremely hard and

have only one day off in the week, which they give with soulful grace to help and care for their fellow villagers.

The dear people of Oaxaca braided me tenderly in their hearts with the sole desire of learning skills to help others. They shall always rest joyfully within my heart. I left Oaxaca with a newfound dedication, which is to continue to adapt CST training and care for indigenous communities of Mexico and other countries.



A teaching assistant helping student feel the craniosacral rhythm.