

Highlights from Success Path to CST Discussions:

4-23-24

- The importance of breath work and its impact on the thoracic region/ ribs/lungs/muscles/neck/jaw.
 - The significance of the thoracic inlet in their treatment sessions.
 - Discussion of seatbelt injuries, scoliosis and other conditions of this area, and how it may influence neck, occiput and TMJ.
 - Using the metaphor of a Bird Cage that has been damaged, to understand the variety of torsion patterns that can be found in this region. Evaluating the symmetry/asymmetry of the entire thoracic area with this in mind.
 - Its role in opening the Avenue of Expression and it being the pathway between the heart and mind.
 - Demonstrations of a variety of hand placements for the thoracic inlet technique.
 - The positioning of the hands during a technique provide valuable information about the client's condition.
 - Always ask permission and obtain consent prior to touching anywhere near the breast tissue. Ensuring a safe and confidential space for clients is important.
 - The next session Success Path to CST will cover the Hyoid. All replays will be made available online.
 - The dates for the next discussions are Tuesday May 21 and Thursday May 23.
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4-25-24

- Techniques such as visualizations, hand placement, core intent, and three-dimensional thinking were discussed.
- Interesting case history on shoulder dislocation and thoracic inlet technique
- Different approaches to starting sessions were mentioned, such as footwork, head massage, and using a Tom Tam doll for energy channeling.
- The importance of understanding past surgeries, the body position in a surgical procedure and its impact on the body, particularly for clients who have had mastectomies, breast reductions, or other surgical procedures.
- The long-term effects of past medical interventions, such as chronic pain related to surgical scars.

- Asking about prior injuries and addressing old scar tissue in sessions were are an important consideration.
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