## The Upledger Institute International

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## **CS2 Preparation Checklist**

Name		
<b>CS2 Class to Attend</b>	(Target Date to Complete Checklist)	

## COMPLETE AND BRING TO YOUR CS2 TEACHER ON DAY 1

This checklist has been prepared by the Upledger Institute Faculty after decades of experience in teaching CranioSacral Therapy. These elements will help ensure that you will be well prepared to get the most benefit in your next step of training. Please do not contact your teacher to inquire about your preparedness level – they will not be able to gauge it remotely. This preparation and practice time will lead to more confidence, deeper learning in class, and better outcomes for your patients.

Date	CS2 Preparation Element			
	Practice palpating the craniosacral rhythm on clients, friends			
As much	and yourself			
as	Find an experienced CS therapist in your region and get			
possible.	treated. Therapists can be found on <u>Upledger.com</u> .			
	Go to practice or study groups, found on <u>upledger.com</u> .			
	Read: Chapters 7-15 of <u>CranioSacral Therapy</u>			
	Read: Chapter 3 of <u>CranioSacral Therapy II</u>			
Date		Date	<del></del>	
	Perform 10 Step Protocol		Perform 10 Step Protocol	
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See upledger.com for <u>Study Resources</u> including practice or study groups and class review materials. You can repeat seminars at a significant discount - call us at 561.622.4334 ext 2.