



## The Gillespie Approach Newsletter Winter 2020



### The Authentic Release of Craniosacral Fascial Strain

Heather Sabin Bryan asked me to further discuss why I believe you cannot just easily stretch and release fascial strain. Before I begin my explanation, I know that everyone sees the world differently through her or his lenses, and I do not pretend to be the final word on this or any subject. Please just take this as my 40-plus years of clinical experience, if anything resonates with you.

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## Gillespie Approach—Craniosacral Fascial Therapy Courses

### Gillespie Approach—Craniosacral Fascial Therapy Training

**3-Day Foundation Training**  
January 31 through February 2, 2020  
Chapel Hill, North Carolina



**3-Day Infant Training**  
March 6 through 8, 2020  
Chapel Hill, North Carolina

[Sign up for Courses](#)

## Gillespie Approach Videos

### Why Are Babies Fussy?



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