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|  | **Anatomical Landmarks Used in CranioSacral l** |

For students who are not familiar with anatomy, or have not studied anatomy recently, it will be helpful before class begins to familiarize yourself with some of the landmarks we use to find hand positions in class. We will be using this list of terms freely during class.

An Anatomy Coloring book can be very useful as you are learning these landmarks.

**CranioSacral l – Day One**

Parts of the Spine: Cervical, Thoracic, Lumbar, Sacrum, Tailbone, Spinous Processes

Landmarks for Diaphragms

Respiratory Diaphragm: Xyphoid Process, diaphragm muscle

Thoracic area: collarbones, C7, Pectorals, Trapezius

Pelvic Diaphragm: pubic bone, sacrum, illium, pelvic floor muscles

Joint unwinding: Shoulder blades, hip socket

**CranioSacral l - Day Two**

Occiput, Atlas, Foramen Magnum

Hyoid Bone

Corner of the mandible

Bones of the head (these will be new to most students, and it is fine to learn these during class)

Sphenoid

Frontal Bone

Temporal Bone

Occiput

Parietal Bones

**CranioSacral l – Day three**

Sacral Base Release: Illium, Sacroilliac Joints, PSIS (Posterior Superior Illiac Spine) ASIS (Anterior Superior Illiac Spine), Sacrum, L5, Spinous Processes