

**Name:** Samantha

**Age Range:** 30 - 39 years of age

**# of Sessions:** 6 Sessions

**3 Words to Describe BCST:** Gentle, Relaxing & Grounding

Working with Evelyn was one of the biggest gifts I received in 2022. I was suffering from severe CPTSD and had just become aware of it's insidious impact on my daily life. Evelyn was always professional, honest and compassionate. She had an abundance of empathy and the capacity to be with whatever I brought into session. I will always deeply appreciate her heart-centered and service-oriented practice.

**What lead you to BCST, and were you experiencing doubts/fears before scheduling a session?**

A lot of different things all pointed to BCST. I knew I needed restorative body-work and BCST seemed like the perfect fit. Every session assisted in discharging whatever I was working on in my personal life at the time. I received a lot of support and healing in each session.

**What are some specific benefits/breakthroughs you experienced after receiving BCST?**

BCST started unlocking the stagnant energy and stored trauma in my body. There are parts of my physical body that have felt locked up or constantly blocked that started unwinding in session and are continuing to open.

**What did you like most about receiving BCST?**

Evelyn! She's an extremely grounded and intuitive person. I felt safe with her and excited to connect.

**How does the Craniosacral environment feel when you come for a session?**

Absolutely divine. You can tell there is a lot of attention to detail and love that goes into her craniosacral space.

\*Clients of Sacral Sol BCST offer testimonials that reflect their own personal experience. Client testimonials do not constitute medical claims, and are not a guarantee of future outcomes or experience for any other individual. No statements on this website have been clinically proven or evaluated by the FDA.