

**Name:** Sequoia

**Age Range:** 18 - 29 years of age

**# of Sessions:** 14 Sessions

**3 Words to Describe BCST:** Transformative, Restoring & Uplifting

I had recently been through a traumatic event, and I was looking for a way to heal both mentally and physically. BCST was something I wasn't really familiar with, but I was open to trying new things! My issues were greatly helped through my sessions. I let go of negative energy that I was holding onto and created space within myself to heal.

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

After each session, my scars would stop hurting for at least 24 hours. Also, I left feeling light and happy. Having clarity within myself allowed me to heal more quickly.

**How has this impacted your life?**

BCST therapy has greatly impacted my ability to work through heavy emotions. Even when I go through long periods without a session, I feel that I have a better handle on my soul's energy.

**What would you tell someone who is thinking of trying BCST?**

BCST is a therapy that helps you get in touch with how your body and soul are feeling. It also opens a gateway to release energy that has been stuck, and clearing that out allows more space within yourself to grow.

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

I like how I feel after a session. It feels like I just took a good long nap and woke up from a great dream.

\*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.