

**"CranioSacral Animation"** is an excellent animation of the cranial bones and intracranial membranes in action as they move through the movements of the primary respiratory mechanism. In this disc, created by long-time CranioSacral instructor Charles Swenson, the intricate movements of the cranial bones and intracranial membranes are revealed in a smooth succession of views. Either the whole animation or the individual views can be looped for an in-depth study. Beautiful to look at, this is a great way to learn this complex bodily mechanism.

**"3DCranio 2nd Version"** contains animations of the Craniosacral Movement of the human body shown in real time. "3DCranio" provides you with a three dimensional insight into these complex and minimal movements. Every major cranial structure, the spine, the diaphragms and even the whole human body is shown in easy-to-understand digital videos. 3DCranio can be used in two ways: with a DVD player and TV or with your computer (PC or Mac). Either you watch the high-quality DVD animations in your favorite DVD player software or you just watch each animation in MPEG1 quality, with suitable video playback software. Both U.S. and European (PAL) DVDs are available, so please specify which you would prefer when you place your order. Extra: 3DCranio contains still pictures of each animation in uncompressed BMP quality, use them royalty free for your work!