

Lightstreams Holistic Health Care PLLC

Dr. Nancy Anne Schrauth DC, RCST®

Doctor of Chiropractic, USA,

Biodynamic Craniosacral Therapy, UK

Svastha Yoga/Ayurveda, India

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Dr. Nancy has been a holistic health practitioner for more than 30 years and now specializes in **Biodynamic Craniosacral Therapy (BCST)**. Trained as a practitioner, she offers her therapy skills to individuals in private sessions, and as an educator shares her passion for healing work with students in a professional practitioner BCST training.

Her therapy sessions are based on an understanding and appreciation of the intelligence responsible for health and healing and considers her therapy role to be a facilitator that helps to align the body/mind system with that intelligence.

Since young, Nancy has been interested in the natural world, and a holistic approach to health and followed her instincts to pursue the source of health and healing. She studied Yoga/Ayurveda with a variety of teachers; it spoke deeply and profoundly to her spiritual yearnings. Yoga/Ayurveda, introduced her to the concept of a universal life force that supports our physical universe and manifests as light in the body/mind system.

She completed Chiropractic school in 1989, which gave her a strong appreciation of alignment and insight into the inner workings of our miraculous body; but it was the study and practice of BCST that shifted her understanding of health to something internal and individual. It resonated with and supported her study of Yoga/Ayurveda and she found that BCST was the perfect intersection of Body /Mind/ Spirit, in a truly holistic therapy.

She moved to Singapore in 1989 after chiropractic school, where she ran a busy clinical practice for ~30 years. She completed a foundation training with Franklyn Sills in 2001, joined the Body Intelligence tutor team in 2008 and taught and traveled extensively throughout South East Asia, including India, Malaysia, Hong Kong, Dubai, Thailand, Sri Lanka, Israel, and Australia.

Along with building a clinical practice in the Twin Cities she continues to teach in the 2-year foundation training for Body Intelligence Trainings throughout North America. Her practice and teaching reflect her passion for anatomy, physiology and natural holistic health; she utilizes BCST, chiropractic care and promotes lifestyle habits that optimize health and well-being. She is guided by her intention to support that which within us is whole.

During the time spent abroad, she acquired some knowledge from ancient and traditional healing arts such as Yoga/Ayurveda, TCM, Chi Gong and some of the more esoteric shamanic practices throughout South East Asia. Her teaching and travel experience has given her a deep appreciation for diverse cultural nuances and the subtle and not so subtle influences of various spiritual and healing practices on her work. She has an ability to communicate complex concepts in a simple and direct way.

She offers individual BCST and chiropractic sessions, teaches embodied meditation, yoga and holistic lifestyle practices at corporate events and retreats, and conducts private therapeutic yoga/chi gong classes. She moved back to the Twin Cities in 2019 to be closer to family and to spend more time in the natural environment.

Professional Clinical Experience

Lightstreams Holistic Health Care PLLC Owner/Director – Doctor of Chiropractor, RCST®, Therapeutic yoga/chi gong	June 2019 – Present
Elder Chiropractic Clinic Pte Ltd, Singapore Senior Associate – Doctor of Chiropractic, RCST®	2011- May 2019
Tamara Chiropractic, Singapore Locum: Associate Doctor of Chiropractic, RCST®	2010 – 2011
Crescenterra Health Center, St. Paul, MN, USA Doctor of Chiropractic, RCST®	2008 - 2010
Lightstreams Chiropractic Care Pte Ltd, Singapore Owner/Managing Director - Doctor of Chiropractic, RCST®	1995 – 2008
Elder Chiropractic Clinic, Singapore Associate – Doctor of Chiropractic	1992 - 1995
Crescenterra Health Centre, Minnesota, USA Associate - Doctor of Chiropractic	1990 - 1992

Professional Teaching Experience

Senior Tutor

Body Intelligence Training, London, England

Body Intelligence Training offers a 400-hour practitioner training course arranged in ten 5-day seminars spread out over two years for individuals wanting to become qualified Biodynamic Craniosacral Therapists (BCST). The training is biodynamic in its approach orienting to the body's natural wisdom and inherent change. This 2-year practitioner training is taught in many locations worldwide, making it the largest school of BCST in the world.

A member of the BI tutor team she has taught in many locations worldwide, including India, UAE, Australia, Malaysia, Israel, Singapore, Hong Kong, Thailand, Sri Lanka, and Canada. Currently in the USA and Canada.

Anatomy for Yoga Instructors

Singapore

Developed the curriculum and teaching a 40 hour anatomy course in yoga teacher training programs:

Being In Yoga, Singapore

2010 - 2012

Svastha Yoga Ayurveda, Singapore

1999 – 2010

Professional Qualifications

Doctor of Chiropractic

1989

Northwestern Health Science University School of Chiropractic

Bloomington, Minnesota, USA

Biodynamic Craniosacral Therapist BCST Karuna Institute, Devon, England	2001	
Senior Tutor Certification Biodynamic Craniosacral Therapy Body Intelligence Training, London, England	2012	
Approved Teacher with Biodynamic Craniosacral Therapy Association North America USA	July 2013- present	
Diploma in Teaching the Science and Art of Yoga Svastha Yoga/Ayurveda	2004	Chennai, India
Step 2: Yoga Therapy Svastha Yoga/Ayurveda Chennai, India	2004	
Diploma, Registered Dental Hygenist School of Dentistry University of Minnesota, USA	1974	
Bachelor of Science/Education School of Dentistry University of Minnesota, USA	1981	

Professional Associations

The Chiropractic Association Singapore (TCAS) Board Member	1992 – 2008, 2010
The Biodynamic Craniosacral Therapy Association of North America (BCST/NA) Approved Teacher/ Member	2001 – Present
Pacific Association of Craniosacral Therapists (PACT) Member	2011 - 2019