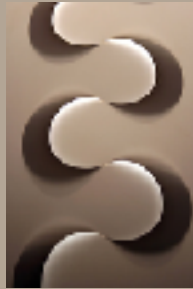


What might I experience during, or after a session?

During your session you may find yourself drifting in and out of awareness.
This typically happens as your body reorganizes on multiple levels.



Body - Physical

Release of tension /
tightness in your body

Increased flexibility in
body and breath

Older injuries, or
discomforts, may re-
surface in order for your
body to make changes and
fully heal itself

An “unwinding” sensation

Feeling more “grounded”
and in your body

Mind - Emotional

Clearer thoughts

Shift in anxiety /
depression

Starting to process
emotions long held in
your body, which may be
causing your discomforts

Memories may come
forward

Spirit - Mental

Feeling more alert and
aware of surroundings

Profound sense of calm

A “stillness” deep within

Feeling “nourished” to
your very core