



Floating Lotus

707-296-1070

NEW CLIENT INFORMATION

Thank you for scheduling your first appointment with me and setting out on your personal wellness journey. This guide helps you prepare for your session, and what to expect before, during, and afterward.

1. Complete the intake form as fully as possible. We'll talk about any specific issues or restrictions you may have before we start. I may ask you to walk, stretch, or show me various movements or positions, to get a better understanding of how to help you.
2. Please wear comfortable clothing that lets you move easily. Fitted knits like leggings and tees make it easy to see how you sit, stand, and move, and helps me to see where and how your motion may be restricted. Much of my work doesn't require you to undress, and this will let you be more comfortable on and off the table.
3. Please don't wear any scents or fragrances—some people are very sensitive to them, and these odors can linger even when table linens have been changed.
4. Your comfort is always my first priority. Your only job is to let me know immediately if anything moves you out of your comfort zone, so I can adapt or adjust to what works best for you.
5. Our work together is a process of learning to listen to what your body needs, and only deepens with further sessions. This back-and-forth is an integral part of our work together. If you have any questions about what we are doing or why we're doing it, please ask; I'll often explain what I'm doing as well.
6. These gentle movements affect your posture and how you move, so the effects may go much deeper than you expect. You may relax into a very quiet or meditative state as we work. Before our session is complete, we'll make sure you are fully awake and aware of your new alignment.
7. Any bodywork releases toxins from your muscles. Moving those toxins out is important, so please drink plenty of water for the next day or two. Sodas, coffee, tea, or other beverages are not as effective in flushing your system, so keeping them to a minimum helps this process move faster.
8. You may notice immediate changes as you get off the table, but more important is **how you feel 24 - 72 hours after our session**; this gives both of us more information about how your body is integrating changes. For this reason, I want you to **call me the day after your session and update me** on any changes you will have noticed. I'll have some questions for you that will help me make your next session more productive as well.

Thank you again for engaging in this process - wishing you good health and joy!