

Somatic Emotional Release preparation.

I'm excited about our upcoming session and hope you are too! Here are some gentle guidelines to help you feel at ease:

1. **Attire:** Please wear comfortable clothes that allow ease of movement. Long yoga pants or exercise shorts are ideal.

2. **Meal Preparation:** Avoid heavy meals at least an hour before our session to ensure comfort.

3. **Session Options:** Sessions are available in various lengths, so please let me know your preferred length before we begin. If we need more time, I will discuss it with you first before we move on. Please note these are my prices for my private office in Costa Rica. If I travel to your location, prices may shift:

- 30 minutes: \$40

- 60 minutes: \$75

- 75 minutes: \$90

- 90 minutes: \$100

4. **Hydration:** Drink extra water before the session and bring a water bottle for after. Well-hydrated cells respond and retain the benefits of the session more effectively.

5. **Arrival:** Aim to arrive 5-10 minutes before your scheduled time. This allows you to settle in and use the restroom if needed.

6. **Session Flow:**

- We'll spend about 15 minutes at the start discussing your needs and setting intentions.

- Post-session, I'll allocate up to 15 minutes for you to relax, reflect and share your experience if you wish.

- This time before and after is included in the session price. If discussions or reflections extend past our allocated time, I'll check in with you and we can adjust hands-on time or arrange for additional time.

7. **Payment:** Payment options include cash, PayPal, Venmo, or SinPe. Receipts are available upon request. If you are paying electronically, please complete the transaction within 24 hours and send a payment confirmation screenshot via our WhatsApp thread.

8. **Session Philosophy:** Somatic Emotional Release involves identifying and releasing emotional burdens you may or may not be aware of. Your openness and willingness to explore are key, so please come with a curiosity of what can come through.

9. **Post Treatment Care-** After a treatment please do your best to relax, take it easy and be gentle with yourself. You will typically leave feeling very light, but sometimes detox can happen a few hours later, and that can look differently for everyone. Drink water and ride and embrace the waves of release.

10. **Soreness:** You will feel sore in some of the areas we treat. Rest assured that soreness is normal, and proof that we did good work. Just place your hand on a sore area, thank it for continuing to heal, and drink more water to encourage it to pass.

These guidelines help to create a safe and nurturing environment for both of us. Thank you for respecting this shared space and time, and I hope this helps you prepare for your experience.

See you soon

Harriet