



Client Aftercare

Congratulations!

Through your Spinal Energetics session you have received an opportunity to discover, release and connect! Each session involves both the physical body and the energetic self, this blend can allow for increased communication between your body-nervous system, and the energetic layers of self.

Each Spinal Energetics session can be a lot of information to process, unwind, reorganise and integrate, because of this it is important to give yourself nurturing time after and between each session.

It is not advised to do other forms of big energetic work after or between sessions. It is recommended to continue or begin subtle practices of energy such as gentle meditation, journalling, Yoga, massage etc.

After your session, it is important to be aware of the potential effects. Please note that your response to each session may vary and you will continue to respond to the session over the next 12 - 72 hours, sometimes longer.

IT IS NOT UNCOMMON TO NOTICE

- Feeling disoriented or light-headed
- Feeling more energised or feeling exhausted
- Detoxification experiences such as nausea, change in bowel movements or headaches
- Greater awareness of your body
- Emotional releases like crying, laughing, anger
- Changes in breath during and after sessions
- Regions of ease or discomfort

REMEMBER FOR EACH SESSION

- Wear comfortable clothing that you can lie and move in
- Allow yourself to move, stretch, make sounds and release while in session
- Pay extra attention to your body and energy
- Be extra kind to yourself between sessions
- Drink plenty water
- Take a gentle walk and-or rest after each session
- Connect with your breath

