



AN INVITATION TO

Gentle *Release* Therapy

A gentle guide.





WELCOME

A quiet place *to begin.*

This guide is simply a way of explaining what Gentle Release is, what people come for, what happens in a session, how you might begin, and answers to any questions you might have.

What we *believe*.

“ Not fixing. Not forcing. Simply creating the conditions in which the body feels safe enough to settle, and release what it has been holding.



Six gentle *principles*.

- **Gentleness is powerful.** We do not push, fix or force. Some of the deepest changes come through allowing, rather than effort.
- **Safety comes first.** Nothing releases until the body feels safe, so we go slowly, and never ask you to push through.
- **The body knows the way.** It carries what it has not yet had the chance to let go of, and given the right conditions, it finds its own way back to ease. We simply listen, and follow.
- **The work meets you where you are.** Not where you think you should be, and not where anyone else thinks you should be. Simply where you are, today.
- **Change unfolds in its own time.** Sometimes gently and quickly, more often in layers, always at a pace that is right for you.
- **This is an invitation, never a pressure.** You choose what feels right, and when. There is no rush, and nothing to prove.

WHAT IS GENTLE RELEASE?

A complementary therapy that works through gentleness, *not force*.

Gentle Release Therapy is a gentle, hands-on complementary therapy that aims to create the conditions in which the body can settle, unwind and release what it has been holding. Everyone's experience is different, and there is no force, no manipulation, and nothing you need to do to make it happen.

It came together slowly, over years of clinical work, drawing several gentle threads into one therapy:

Traditional Chinese Medicine, where different emotions tend to settle in the body. Grief tends to gather with the lungs, fear with the kidneys, frustration and anger with the liver, however our body holds them all together like a web.

Cranial release at the head and jaw, softening tension that works in beautiful synergy with the abdominal releases. The touch is light, and there is no manipulation.

Gentle energy work held over the organs of the chest and abdomen, following where emotions tend to settle. No needles, no pressure.

Endocrine and lymphatic release, supporting the body's hormones and its natural drainage, held with space, time and gentle attention.

A nervous-system informed approach throughout, gently allowing you to settle and feel safe before you let go.

What pulls these threads together is one
simple principle:

“

The body often holds emotional and physical tension together, and given the right conditions, it knows how to let them go.

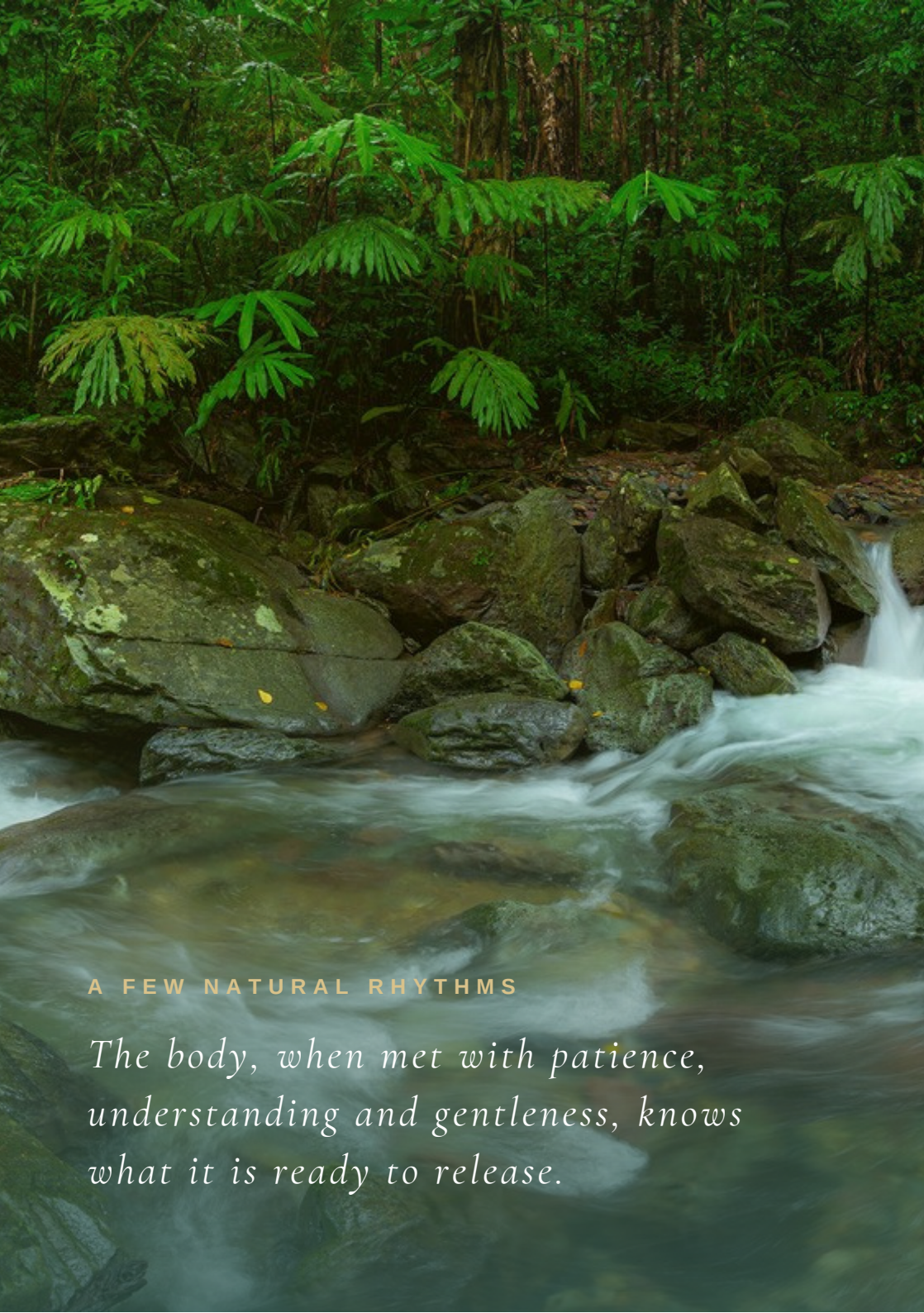
Your practitioner does not channel energy from somewhere outside. They simply listen, and follow what your body is ready for. Your own energy does the moving, in its own timing.

WHY DO PEOPLE COME?

Mostly, *because of life.*

People may come for a variety of conditions, but also because of how they have been feeling. Many arrive feeling:

- *stressed or overwhelmed*
- *exhausted from holding everything together*
- *out of balance after illness, hormonal changes or difficult life events*
- *“stuck”, without really knowing why*
- *disconnected from themselves*
- *simply ready to receive some support*
- *just feeling tired, wanting to find their energy again*



A FEW NATURAL RHYTHMS

*The body, when met with patience,
understanding and gentleness, knows
what it is ready to release.*

WHAT HAPPENS DURING A SESSION?

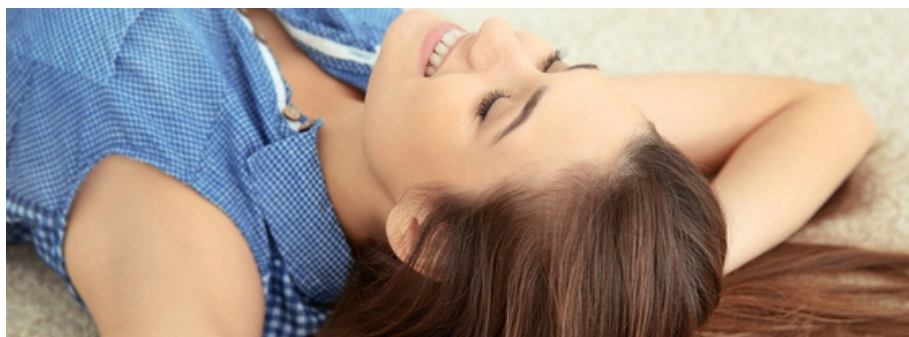
Simpler than *people expect*.

IN PERSON, OR AT A DISTANCE

Sessions can be received in person, or at a distance with you resting comfortably at home. Many people are surprised by how present and tangible a distance session still feels. Wherever you are, whatever feels right for you.

ARRIVING

You arrive, take your shoes off, and settle in with a short, gentle catch-up. You share what feels useful, and there is no need to explain anything you would rather not. Then you settle comfortably, fully clothed, at whatever angle feels right. The work meets you where you are. It can be received lying down, sitting in a chair, in a wheelchair, or even with a baby in arms. We work at your pace, in whatever way feels most comfortable for you.



DURING

Your practitioner's hands rest gently at the head and jaw, the neck, the spine, the abdomen and the feet. The touch is light, held with weight rather than pressure. Nothing is pushed, pulled or manipulated. You can talk if you want to, or drift off to sleep. As things release, you might yawn, sigh, feel a tingle or notice a small wave of emotion pass through. All of it is the body letting go. There are lots of signs of energy releasing that you or the practitioner may experience. Every treatment is different, and there are no right or wrong reactions. You may not notice anything at all and that is absolutely fine.

Now and then, something deeper or older surfaces. Some people describe images, memories, or a sense of something ancestral or from another time gently releasing. Each person understands these moments in their own way, and there is nothing you need to believe or explain. Whatever arises is simply met gently.

AFTERWARDS

Many people leave feeling lighter and more at ease, although every experience is individual. Some feel pleasantly tired. For a day or two the body can feel like it is adjusting, a little like the day after gentle exercise, and then a deeper sense of ease often settles in. Some notice changes straight away, others more gradually.



Thank you for being there.

Thank you for protecting me.

It is safe to let it go.

A gentle *beginning*.

You do not need to prepare in any special way. Wear whatever feels comfortable and eat as you normally would. Your practitioner will provide a blanket to help you get snuggly, but you are welcome to bring your own, or your own music, or anything that helps you feel at ease, even if that is simply your questions.

There is no need to know what to say, and no need to explain anything you would rather keep private. We begin exactly where you are.



Being gentle *with yourself*.

In the day or two afterwards, it helps to be gentle with yourself. Drink plenty of water. Rest where you can, and keep the day a little lighter than usual. Eat simply, and go easy on alcohol and caffeine. And take care if you are driving straight afterwards, as you may feel relaxed and a little slower to respond.

Everyone responds differently. Many people feel lighter, calmer, energised or pleasantly tired. Some notice small things as the body settles: a headache, feeling cold, feeling more emotional than usual, a change in sleep, or needing the loo more often. These usually pass within a day or two, and now and then things feel a little stirred up before they ease, which many people experience as the body settling and adjusting. If anything worries you, do get in touch.



DIFFERENT WAYS TO RECEIVE GENTLE RELEASE

A few natural *rhythms*.

Gentle Release is not really a matter of problem, treatment, then finished. It has a few natural rhythms, each one rooted in the therapy itself rather than in a set package. Most people begin with a single session. If it feels right, there are different ways it can unfold from there.

A Single Session

THE DOORWAY · ONE HOUR

A gentle introduction, and a chance to experience Gentle Release for yourself. Some people come once and find that is enough for that moment in time. Others discover they would like ongoing support, and some want to go even deeper. There is no pressure either way.

Extended Sessions

MORE TIME TO SETTLE · AN HOUR AND A HALF, OR TWO HOURS

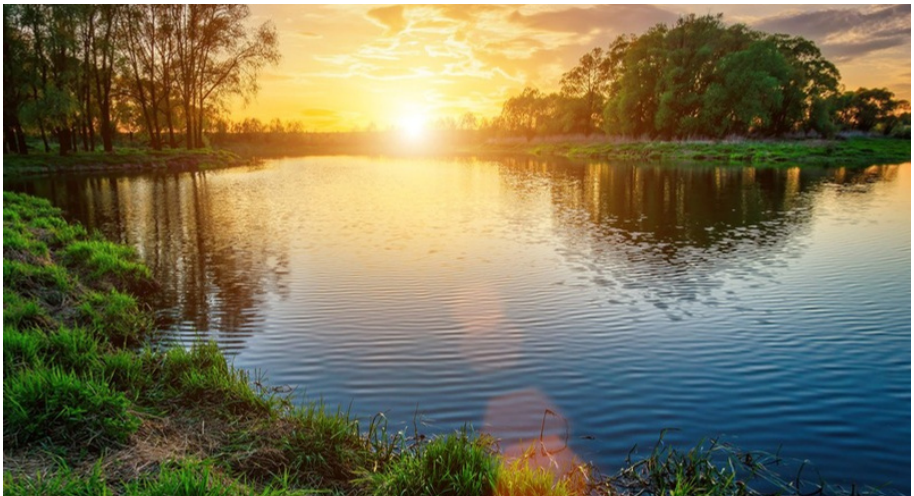
More than simply a longer appointment. With more time, the body can settle further and go deeper. A two-hour session in particular has a different quality, unhurried and spacious, with room for whatever is ready to unfold.

DIFFERENT WAYS TO RECEIVE GENTLE RELEASE

When you *come back*.

When you come back for another session, as long as it has not been months since the last one, we often notice that areas worked with last time settle and clear more quickly. That allows us to cover more ground each time, so the more regularly you receive sessions, the clearer everything tends to feel.

If you leave it six months between sessions, we will most likely be starting from scratch again. That may be absolutely right for what you are looking for. But some people like to keep everything flowing and clear, and to enjoy all the benefits to daily life that can bring.



The Seven Session Journey

SEVEN ONE-HOUR SESSIONS

Sometimes one session is enough for that moment in time. Sometimes the body appreciates the opportunity to settle, layer by layer.

Seven simply mirrors the rhythm used during our practitioner retreats, where students receive Gentle Release across all its basic areas over a single week. It is not a fixed programme. In everyday life the sessions are best kept fairly close together, ideally within a month or so, so that each one builds on the last and the body keeps settling rather than tensing up again in between.

There is no pressure to complete all seven, and no promise attached to a number. Simply an invitation to experience Gentle Release more fully, and to allow change to unfold gently.



HOW GENTLE RELEASE HAS GROWN

Other paths within *Gentle Release*.

These have grown within the therapy over time, each with its own natural rhythm. Your practitioner may offer some or all of these.

The Vagus Nerve Protocol

FOUR SESSIONS OF 1 HOUR 45

A four-treatment sequence that moves gently through four areas (ventral, dorsal, brain and the HPA axis). Rather than stimulating the vagus nerve, it invites it to release what it has long been holding. It often settles more deeply when begun with a Gentle Release session first.

You might be drawn to this if your nervous system has felt switched on for a long time and tired, if you have tried many things and something still feels braced, or if you are hoping for steadier sleep and a quieter sense of calm.



Spirit Points

TWO-HOUR SESSIONS

Gentle work with twelve points traditionally associated with emotional clarity, reconnection and a sense of direction. In Chinese medicine they connect with the Shen, our sense of our own path. They are accessed not with needles but through awareness, intention and light touch.

You might be drawn to this if you are seeking a sense of direction or clarity, feel a quiet pull to reconnect with your purpose, or would simply like to feel lighter, clearer and more yourself.

EnerQi Facial Rejuvenation[®]

90 MINUTES

A nurturing facial that brings together traditional Chinese facial techniques (gua sha, jade rolling, facial cupping and warm towels) with the cranial and abdominal release at the heart of Gentle Release. A calming, cared-for treatment. Many people say their face feels softer, more relaxed and refreshed afterwards, with less tension held in the jaw and brow.

You might be drawn to this if you would like a slower, deeper facial that is genuinely nurturing and calming, and to leave feeling soothed, with your face softer and less tense.

Acu-Touch & the Pelvic Bowl

TAILORED TO YOU

For when the body asks for something more specific. Acu-Touch holds acupuncture points across the meridians and can be tailored to particular needs, and the Pelvic Bowl work supports fertility, pregnancy and women's health.

You might be drawn to this if your body is asking for more focused support, perhaps around fertility, preparing for birth, periods or menopause, migraines, or a particular injury or area of held tension.

Different practitioners are trained in different combinations of these. Your practitioner will be glad to tell you what they offer.



Gently adapted *to you.*

Some of us feel the world more strongly. If you are highly sensitive, or you or your child are neurodivergent, an ordinary treatment room can sometimes be a lot: the lighting, the scents, the sounds, the textures, the not-quite-knowing what will happen. Gentle Release can be shaped around all of that, so the experience feels safe rather than overwhelming.

Some of the ways a session can be adapted:

- **Lighting** you are comfortable with, softer or brighter, or natural light.
- **A scent-free space**, free from perfume and air fresheners, if strong smells are too much.
- **Sound as you prefer it**, quiet music, gentle background sound, or complete silence. You are welcome to bring your own music or headphones.
- **Blankets and fabrics** that feel right, including your own weighted blanket if it helps.
- **Comfort items** you would like to bring, a familiar object, a fidget tool, anything that helps you settle.

- **Positioning** that suits you, lying down, sitting, or free to move, with breaks whenever you need them.
- **Touch on your terms**, lighter, firmer, or no direct touch at all, with a clear, agreed signal for how the session will end, so nothing comes as a surprise.
- **Knowing what to expect** beforehand, in writing or on a short video, so the session holds no surprises.
- **Booking** in whatever way feels easiest, online, by text, or in person.

Above all, this is a space without judgement. For families navigating a great deal, that can matter as much as anything. You are met exactly as you are, and together we simply find what helps you feel most at ease.



THINGS YOU NEVER NEED TO DO HERE

You never *need to*.

- *explain everything*
- *hold it all together*
- *believe anything in particular*
- *push through discomfort*
- *have the right words*
- *apologise for your emotions*
- *pretend you are fine*
- *know what comes next*

*You are welcome
exactly as you are.*

A person is shown from the side, sitting in a meditative pose on a grassy hill. Their hands are resting on their knees in a mudra. The background features a calm body of water, likely a bay, with white-capped waves breaking near the shore. In the distance, a large, dark, forested mountain rises against a soft, hazy sky. The overall atmosphere is peaceful and serene, with warm, golden-hour lighting.

SOMEWHERE GENTLE TO LAND

*There are times in life when nothing needs
fixing. We simply need somewhere gentle
to land.*

COMMON QUESTIONS

A few things people *often ask*.

Do I need to believe in energy?

Not at all. You do not need to believe anything in particular for Gentle Release to be of benefit. You are welcome exactly as you are, with all your curiosity and any of your doubts.

Do I need any particular beliefs or religion?

Not at all. You are welcome whatever your beliefs or religion, and whether you hold none at all. Gentle Release is open to everyone. Nothing is imposed, and you do not need to share any particular faith or worldview to experience the work. Come exactly as you are.

How is this different from Reiki?

Both are forms of energy work, but Gentle Release is more specific and structured, drawing on Traditional Chinese Medicine and the body's own systems. There is no attunement and no ritual, and the focus is on supporting your own body to release, rather than channelling anything from outside.

How many sessions will I need, and how long should they be?

There is no set answer. Longer or more regular sessions simply allow more time and space, rather than meaning more is better. Some people come once; others choose ongoing support. Sessions come as one hour, an hour and a half, or two hours: a shorter one is lovely for settling, a longer one gives the body more time. We begin with one and decide gently together what feels right for you.

What if I cry?

Sometimes emotions surface during or after a session, and sometimes they do not. Both are perfectly alright. Tears are simply one of the ways the body lets go of what it has been holding. There is no expectation that anything emotional needs to happen, and never any pressure to talk about what you are feeling. Whatever arises is met gently.

What if I don't feel anything?

Everyone experiences Gentle Release differently. Some people notice warmth, tingling, or a sense of release. Others simply feel rested, and some notice changes gradually over the days that follow. There is nothing you need to make happen, and a quiet experience is every bit as valid as a dramatic one.

Can I talk during treatment?

Some people chat, some grow quiet, some drift off to sleep. Some laugh, and some cry. There is no right way to receive Gentle Release. You are free simply to be yourself.

What if I fall asleep?

Many people do, and sleep is often a sign that the body feels safe enough to rest. There is no need to stay awake, or to try to do it “properly”. Gentle Release continues whether you are chatting, resting, or asleep.

Can I combine this with other treatments?

Yes. Gentle Release sits comfortably alongside other care, including medical treatment. It is a complement, never a replacement. If you are ever unsure, do ask.

Can children receive Gentle Release?

Yes. The work is gentle enough for children and babies, and many find it soothing.



WORDS PEOPLE USE

In their *own words*.

*"I feel lighter, calmer and more content than I
have in years."*

"So gentle, but incredibly powerful."

*"It releases tension you didn't know you were
holding."*

"It touched me to my very soul."

"I felt a deep sense of peace and calm."

HOW GENTLE RELEASE CAME ABOUT

It was never *planned*.

Gentle Release did not arrive in one piece, and it did not begin as a plan. Its founder, Helen Robinson, came to complementary therapy after losing both her parents, a long way from her earlier career in traffic engineering. Over the years, the way she worked began to change on its own. She noticed that the gentler she was, the less she tried to force a result, the more the body responded, and something new quietly emerged.

By 2017, clients were asking if there were books about what she did, though it did not even have a name yet. So she taught three friends, just to be sure it was not only her, and each described noticing something very similar. The first Gentle Release practitioner course followed in November 2018, and the work has since grown into a community of practitioners across the UK and beyond.

What still matters most is the gentleness of it. Not forcing, not chasing outcomes, just creating enough safety and stillness for the body to soften in its own time. As Helen puts it, bodies have so much to say. We just don't always take the time to listen.

A FINAL THOUGHT

We begin where you are, *one gentle step at a time.*

Gentle Release is not about chasing change or forcing outcomes. Sometimes one session is enough for that moment in time. Sometimes people choose to come regularly and make it part of how they care for themselves.

There is no pressure, no timetable and no expectation. We simply begin where you are and take one gentle step at a time.





A BLESSING

May you leave feeling a little lighter.

May you feel safe enough to soften.

May you remember that nothing within you is broken.

May you give yourself permission to rest.

*May you trust that change does not always come
through striving.*

*And may you meet yourself with the same gentleness
you offer everyone else.*

BEGIN GENTLY

When you feel *ready*.

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Gentle Release Therapy is a complementary therapy that supports relaxation and wellbeing.

It is not a substitute for medical advice or treatment. If you have a health concern, please speak with your GP.