



## Session Guidance Form

Helping You Choose the Right Session for Your Mind, Body & Energy

Our goal is to help you select the session that will best support your current needs. Please answer the following questions so we can recommend the most beneficial experience for you.

### Personal Information

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

### What Are You Hoping to Improve Today? (Check all that apply)

- Stress or anxiety
- Fatigue or low energy
- Emotional overwhelm
- Physical tension or muscle discomfort
- Headaches or migraines
- Trouble sleeping
- Mental clarity and focus
- Spiritual or energetic alignment
- General relaxation
- Curiosity about energy healing
- Other: \_\_\_\_\_

### How Much Time Do You Have Available?

- 15 Minutes
- 30 Minutes
- 60 Minutes
- Not sure / open to recommendation

### What Type of Experience Are You Most Interested In?

- Energy healing and chakra balancing
- Physical tension relief through pressure points
- Mental relaxation and mindfulness
- A combination of mind, body, and energy work
- Not sure — I'd like guidance

### Current Physical or Emotional Symptoms (Check any that apply)

- Tight neck or shoulders
- Back discomfort
- Stress or overwhelm
- Brain fog or fatigue
- Emotional heaviness
- Feeling 'out of balance' energetically
- Trouble relaxing
- Difficulty focusing or calming the mind
- Other: \_\_\_\_\_

### Have You Experienced Any of These Before?

Reiki  Yes  No

Acupressure  Yes  No

Meditation  Yes  No

### How Deep of a Session Are You Looking For?

- Quick reset and relaxation
- Targeted relief for a specific issue
- Full-body restoration and deep relaxation
- A guided mindfulness experience

## Session Recommendation Guide

If you selected Quick Reset or limited time:

- 15 Minute Reiki Chair Session – \$25
- 15 Minute Guided Meditation – \$25

If you selected Targeted tension or stress relief:

- 30 Minute Reiki Session – \$45
- 30 Minute Acupressure Session – \$45

If you selected Deep relaxation or full-body healing:

- 60 Minute Reiki Session – \$75
- 60 Minute Acupressure Session – \$75

## Additional Notes or Health Considerations

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### What Is Reiki?

Reiki is a gentle energy healing practice that supports the body's natural ability to heal. Through light touch or hands placed just above the body, Reiki helps clear energetic blockages, restore balance to the chakras, and promote relaxation and emotional well-being.

### What Is Acupressure?

Acupressure is a healing technique rooted in Traditional Chinese Medicine. It involves applying gentle pressure to specific points along the body's energy pathways, known as meridians. This helps release tension, improve circulation, and encourage the body's natural healing processes.

### Consent

I understand that Reiki, acupressure, and meditation are complementary wellness practices intended to support relaxation and well-being. These services are not a substitute for medical care or diagnosis.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_