

■ Post-Session Aftercare: Sound Healing & Reiki ■

Thank you for attending your session with *Fit To Be Strong Leader*. To help integrate the healing energy and support your well-being, please take some time to follow the aftercare practices below:

■ Grounding Practices

Spend time in nature, walk barefoot on grass or earth.

Eat grounding foods like root vegetables, warm soups, or herbal teas.

Take a warm bath with sea salt or Epsom salts to relax and release any remaining tension.

■ Hydration & Rest

Drink extra water over the next 24–48 hours to help flush and integrate energetic shifts.

Allow your body time to rest. You may feel more emotional, tired, or reflective—this is normal.

Sleep if your body asks for it. Healing continues even after the session ends.

■ Possible Reactions After Your Session

It is completely normal to feel emotional, tired, light-headed, or unusually energetic.

You may experience physical symptoms such as headaches, vivid dreams, tingling, or mild body aches as energy clears and rebalances.

Digestive changes (e.g., bloating, more frequent bowel movements, or nausea) can occur as your body detoxifies and releases stored energy.

These are signs your body and energy system are adjusting—please allow yourself extra care and patience.

If symptoms persist or feel overwhelming, please reach out for support.

■ Self-Reflection

Notice how you feel physically, emotionally, and mentally in the next few days.

Journal about anything that came up for you during the session.

Ask yourself: What is my body asking for right now? What do I feel called to release or embrace?

■ Integration Support

Avoid overstimulation (excessive screen time, loud environments) for the rest of the day.

Gentle movement like yoga, stretching, or breathwork can help energy continue flowing.

Trust your process. Healing can unfold over hours or days. Be gentle with yourself.

If you have any questions or would like to share your experience, feel free to reach out. I'm here to support you.

With gratitude, ■

Neeta – Fit To Be Strong Leader