

■ Preparing for Your Sound Healing & Reiki Session ■

Welcome to your healing session with *Fit To Be Strong Leader*. To help you receive the most from your session, please review and follow these gentle preparation guidelines:

■ Before Your Session

Hydrate Well

Drink plenty of water the day before and the day of your session. Sound travels best through a hydrated body, allowing for deeper healing.

Dress Comfortably & Lightly

Wear loose, light-colored clothing (white or pastels are ideal) to promote openness and energetic flow. Avoid anything restrictive.

Light Meals Only

Please eat at least 1–2 hours before your session and avoid heavy meals. A light stomach supports deeper relaxation and energy movement.

Avoid Jewelry & Metal Accessories

Remove all metal jewelry (including watches, rings, and piercings if possible). These can interfere with vibrational energy flow.

Limit Stimulants & Substances

Avoid caffeine, alcohol, or recreational substances the day of your session for optimal energetic clarity.

Come With an Open Heart & Mind

You are entering a space of rest and renewal. Bring an intention if you feel called, or simply arrive ready to receive.

■■ Important Notes

Pregnancy

Sound healing is generally safe during pregnancy, especially when bowls are placed at a distance. However, please inform your practitioner if you are pregnant, so adjustments can be made to support your comfort and safety.

Medical Conditions or Devices

If you have a pacemaker, epilepsy, metal implants, hearing aids, or a history of sound sensitivity, please notify your practitioner beforehand.

Mental Health Conditions

If you have PTSD, trauma triggers, or are currently in a vulnerable state, please let us know. Modifications can be made to ensure your experience feels grounding and supportive.

■■■■■ Optional Comfort Tip

Please arrive 5 minutes early to allow time to settle in before we begin.

■ Additional Notes for Reiki

Reiki is a gentle hands-on or hands-above energy healing technique. If you prefer no touch, please let me know in advance.

You may experience sensations such as warmth, tingling, or emotional release—this is part of your natural healing process.

There is nothing you need to do during Reiki. Simply relax, breathe, and allow the energy to flow where it is needed most.

Thank you for trusting me with your healing journey. I look forward to holding space for you.

Neeta – Fit To Be Strong Leader