



## Peter Hess® Sound Massage

Today's Date \_\_\_\_\_ Complete Prior to first sound massage experience

Please Note the Following:

1. Your interviews and sessions will be held in professional confidence.
2. Sound Massage is a supportive modality, which focuses on relaxation, and is not intended to diagnose, prevent, treat, or cure disease. Sound Massage does not replace medical treatment, and in case of disease, may require a doctor's release.
3. Your full disclosure of medical and other distressing conditions will help us create a safe and pleasant experience during and after your sound massage. For example:
  - Medical, psychotherapeutic, or psychiatric treatment, including taking medication
  - Hypertension, asthma, seizures, cardiac arrhythmia, acute migraine, PTSD, panic attacks, loss of touch with reality (delusions, hallucinations, or other psychosis), or serious depression
  - Severe pain, acute disease, recent surgery/injury, trauma, high stress
  - Chronic disease, tinnitus or plates
  - Pregnancy, especially 1<sup>st</sup> Trimester
  - Any other known or suspected conditions which may be adversely affected by deep relaxation (ex. Change of blood pressure, blood sugar, peripheral temperature, pain level, sleep cycle, immune system, pulse rate)
4. Sound massage is normally very pleasant and relaxing. If you experience unpleasant sensations :  
  
BEFORE a sound Massage :
  - If you feel uncomfortable or unsafe with the facilitator for any reason, you are in no way obligated to continue. We understand that sometimes it is just not a good fit, and that is ok.
  - If you feel uncomfortable or unsafe in the environment, let us correct the situation  
DURING a sound massage :
  - The purpose of sound massage is relaxation ~ if at ANY time you are not relaxed, use the signal we agree upon, so we can help make you feel more comfortable.
  - Use the restroom, re-adjust bedding for comfort, cease work near a sensitive area, stop altogether, or change intensity of striking.  
AFTER a sound massage :
  - Allow some time to reflect on the experience before moving into the rest of your day. Stay hydrated, get plenty of rest.  
Inform your facilitator about any discomfort prior to your next sound massage
  - In rare cases, after deep relaxation, clients may experience effects similar to homeopathy, where a symptom temporarily appears worse as a condition improves.

- Normally this is brief – If it persists, something else may be happening, and you should consult your doctor. If it passes quickly, there is no cause for concern.

5. What to Expect :

- Initial interview
- You remain fully clothed, but may need to remove accessories, jewelry, or eyeglasses
- Lie on stomach for 20 -0 25 minutes, followed by a short break; and lie on back for an additional 15 – 20 minutes; then a brief
- period of silence, followed by an end chime.
- Conclude conversation

Signature\_\_\_\_\_

Print Name \_\_\_\_\_ Date\_\_\_\_\_

Kat Souvertjis ~ Cyprus Sound Yoga

