



## WHAT TO EXPECT

Your first session will be an Autonomic Nervous System Reset. This lays the foundation for any further work to be done within the body and is an integral part of the process. For most people, this reset is quite relaxing and enjoyable. In fact, many people fall asleep. This is OK. You do NOT need to have your eyes open, or even be awake to receive the benefits of the session. In some cases, clients have reported feeling uneasy at the beginning of the session. If you are someone whose sympathetic (fight or flight) nervous system is constantly stimulated, your body could take some time to realize you are safe and transition into parasympathetic (rest and digest).

You might feel tension or tingling around any areas of concern, around prior injuries, within a certain chakra, or all over your body. This is energy moving and it is completely safe and normal. It will not hurt.

The harmonic egg uses light and sound resonant frequencies to encourage your body to release stuck dense low vibrational energy from your body on a molecular level. Having the door fully closed is ideal as it maintains the optimal resonance to do so. However, if you are claustrophobic or afraid, we will do what we need to do to make you comfortable and relaxed. A session with the door partially open is better than no session at all!

Appointments are 1.5 hours long. You will be inside the egg for 50 minutes total. The first 40 minutes will be the sound and light treatment, followed by 10 minutes of silence. The 10 minutes of silence are important for integrating the session. The rest of the appointment includes the intake and the debrief.

Inside the egg, you will be seated in a zero-gravity chair, reclined back to a level that is comfortable for you. You will be offered a blanket for your comfort.

Any further questions or concerns can be addressed in person before your session.

