

How to Get the Most from Your Bodywork Session

BODY-POWER THERAPIES
Charmant Drive, San Diego, CA 92122
www.bodypowertherapies.com

It takes many tools to create change. Below, we have outlined some suggestions for getting the most from each session, whether you come twice a week or once a month. These suggestions are based on our training, personal experience, and client feedback over the years. The more you do, the better your results will be, but be gentle with yourself. Be patient and realize that, if it's stressful for you to do any of the following steps, enjoy where you are and try again next time.

BEFORE

3 days before your bodywork session

- *Get enough rest, so you do not miss your session by sleeping through it.
- *Increase water intake until your urine is pale, indicating your tissues are as clear as possible.
- *Reduce cigarettes, caffeine, and alcohol consumption, as they all interfere with releasing (on many levels).

The day of your bodywork

- *Clean and prepare yourself physically, mentally, and emotionally, especially those areas that you would like worked on (note: if you are not completely clean, you affect the quality of your massage and bodywork, as you may not receive work in areas that need it. It is up to the therapist's discretion whether an area is clean enough to be worked on. Please pay special attention to hair, feet, and pelvic/hip area.).
- *Don't consume caffeine (including decaffeinated beverages or chocolate) or alcohol, don't smoke cigarettes or chew tobacco.
- *Plan ahead for your session so you minimize rushing

2 hours before your bodywork

- *Please refrain from eating. If you are hungry, drink vegetable or fruit juices, or water.
- *Mild to moderate exercise is an excellent way to warm the muscles and prepare the body.

Arrive several minutes early to sit, have some purified water, and allow your body time to realize where you are, as your therapist prepares the space. Consciously get into a state of relaxed openness and a willingness to heal. Doing this step is the greatest way to insure the success of your bodywork. One of the most empowering and effective statements you can say to yourself to authorize and create an environment for healing is - "I release the need for this condition." Saying this will challenge any skeptical, habitual, or otherwise limiting thoughts that can significantly impair your session. Release the *need* for the condition.

Inform your therapist of any concerns, issues, or important changes that may have occurred since your last session.

DURING

Relaxation is a choice. Choose to relax before your bodywork even begins. Talking distracts you from what is happening in your body. In most cases, to get the maximum benefit out of your bodywork session, don't talk, or talk only about the session. Some clients feel more relaxed when talking, until they are ready for the intensity of focusing on their bodies. If you are in the habit of talking during a session, contemplate why. We will follow your lead, and we understand your

DURING (cont.)

preferences may change from session to session or minute to minute. Communicate anything that makes you uncomfortable - temperature, table position, scents, techniques, anything. This is your session! Your therapist wants you to get the most out of it.

Focus your complete attention and breathe into tense and/or painful areas as your therapist finds them. The more you participate by focusing your awareness on your tension and pain, the more you are open to discovering what information it holds for you, instead of avoiding it, resisting it, or trying to make it “go away”, the more you will permanently release. This is an advanced technique that is easier than it sounds. Your therapist will be happy to coach you through it during the session. If at any time you find yourself holding your breath, this indicates too much pressure, or not enough preparation of the tissue. Let your therapist know!

Be relaxed yet aware. Avoid thinking about things outside of the session (what you have to do after the session, a situation you’ve been trying to figure out, etc.), and, if humanly possible, avoid falling asleep. Both of these dramatically reduce the effectiveness of your bodywork by disconnecting you from the process. Practice the art of “Human BEing”. There is a part within all of us that simply observes everything and is always still. This is the core of your BEing. Connect with that part of you during the session to fully relax.

Don’t assist and don’t resist. If you must think about something during the session, think about mastering this deceptively simple and effective skill.

AFTER

3-6 hours after your bodywork

*A good massage or bodywork session opens and relaxes your mind, body, and spirit, making this window after your bodywork the ideal time to see your psychotherapist, physical therapist, or any other healthcare provider.

*Stay focused on your body as long as possible by:

- ✓ Eating or drinking something healthy
- ✓ Exercising moderately or with focused relaxation (now’s not the time to push your limits, but to allow your body to readjust to the attention and changes from your massage)
- ✓ Sleeping
- ✓ Meditating (not “focused concentration”, but rather “open observation” so you may more easily be aware of what aligns you with health)

*Avoid mental activities as long as possible such as:

- ✓ Watching TV or going to the movies
- ✓ Listening to the radio
- ✓ Reading
- ✓ Engaging with a negative person
- ✓ Talking negatively to yourself or worrying about “deadlines”
- ✓ Going back to work (whenever possible schedule your massage after work)

3 Days After Your Session

*Sometimes soreness or emotional releases may occur for up to 3 days after your massage. Call your therapist if you have any symptoms you would like to discuss.

*Continue to drink enough water to assist your tissue in the elimination of toxins that were trapped in your tissue before the bodywork. (again, a good gauge is having pale, straw colored or clear urine)

Do the homecare and/or contact any healthcare providers suggested by your therapist.