

How to prepare for the session:

- Find a quiet and private space with stable internet for the video session
- Bring water, tissues, pen and paper. Come well hydrated and rested if possible
- Take time to center and be mindful. Try a few deep breaths and observe any feelings you have leading up to the session

What you might experience during the session:

- Crying, yawning, laughing
- A change in your energy level, including deep relaxation and feeling sleepy
- Movement of sensations in your body
- A shift in your thoughts



Come as you are!

Know that this is a gentle and powerful process and the priority is always for you to feel safe.