

Name: _____

Date: _____

Intention(s) for session, or how would you like to feel at the end of the session: _____

Today I would like concentration on: _____

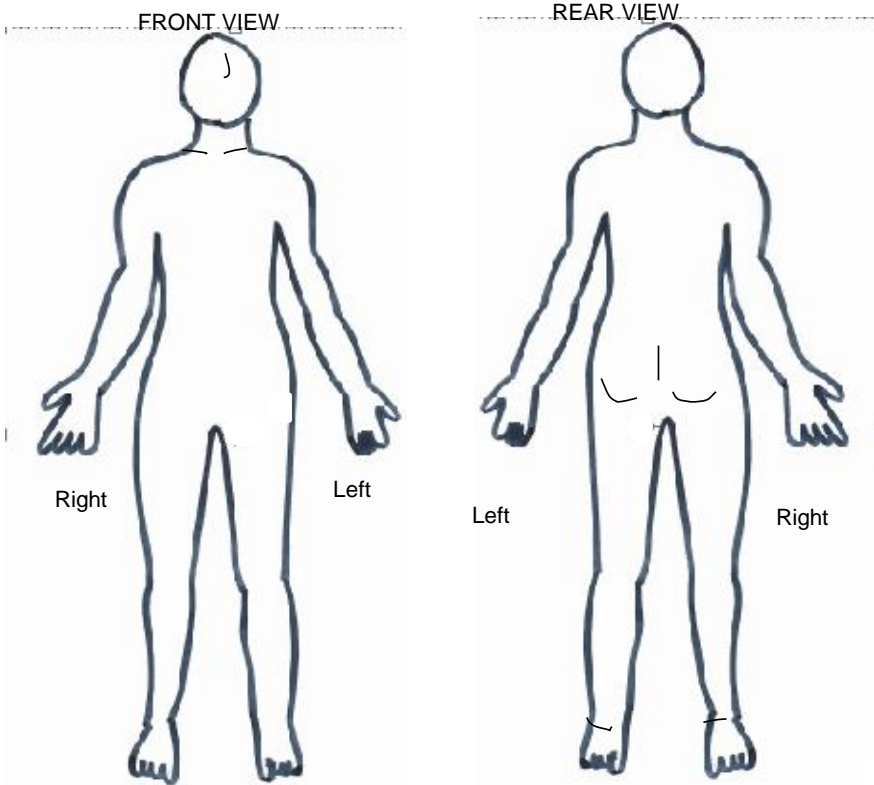
- 45 minutes trauma informed bodywork
- 60 minutes trauma informed bodywork
- 90 minutes trauma informed bodywork

(Check as many as you wish included in your session)

- Alchemical Alignment: Trauma healing, embody spirit
- Biodynamic Craniosacral
- Hand, Feet, Head: Integrative Reflexology
- Myofascial Release / Fascial Melting
- Relax, Rejuvenate, Stabilize
- Somatic Experiencing and Awareness
- Sound Healing: Singing Bowls

On the figures below, indicate areas of tension (T), pain (P), injury (I), past surgery (S)

Quickly scanning the list below, put a **B** for sensations you notice **Before** the Session, **A** for sensations you notice **After** the session.



- | | | |
|--------------|-------------|-----------|
| Dense | Thick | Flowing |
| Breathless | Fluttery | Nervous |
| Queasy | Expanded | Electric |
| Heavy | Tingly | Floating |
| Fluid | Numb | Wooden |
| Dizzy | Full | Congested |
| Spacey | Trembly | Twitchy |
| Tight | Hot | Bubbly |
| Achy | Wobbly | Itchy |
| Frozen | Shaky | Calm |
| Suffocating | Buzzy | Energized |
| Contracted | Expansive | Smooth |
| Tremulous | Constricted | Warm |
| Knotted | Icy | Light |
| Blocked | Hollow | Cold |
| Disconnected | Sweaty | Streaming |

FRONT VIEW

REAR VIEW

Comments if any: _____

Bodywork4Well Being.com

in partnership with you and your whole being in the journey to embodiment

form intention and what is happening in the body now v june 2024