SPINAL ENERGETICS

POST-SESSION CARE



WELCOME ON THE OTHER SIDE

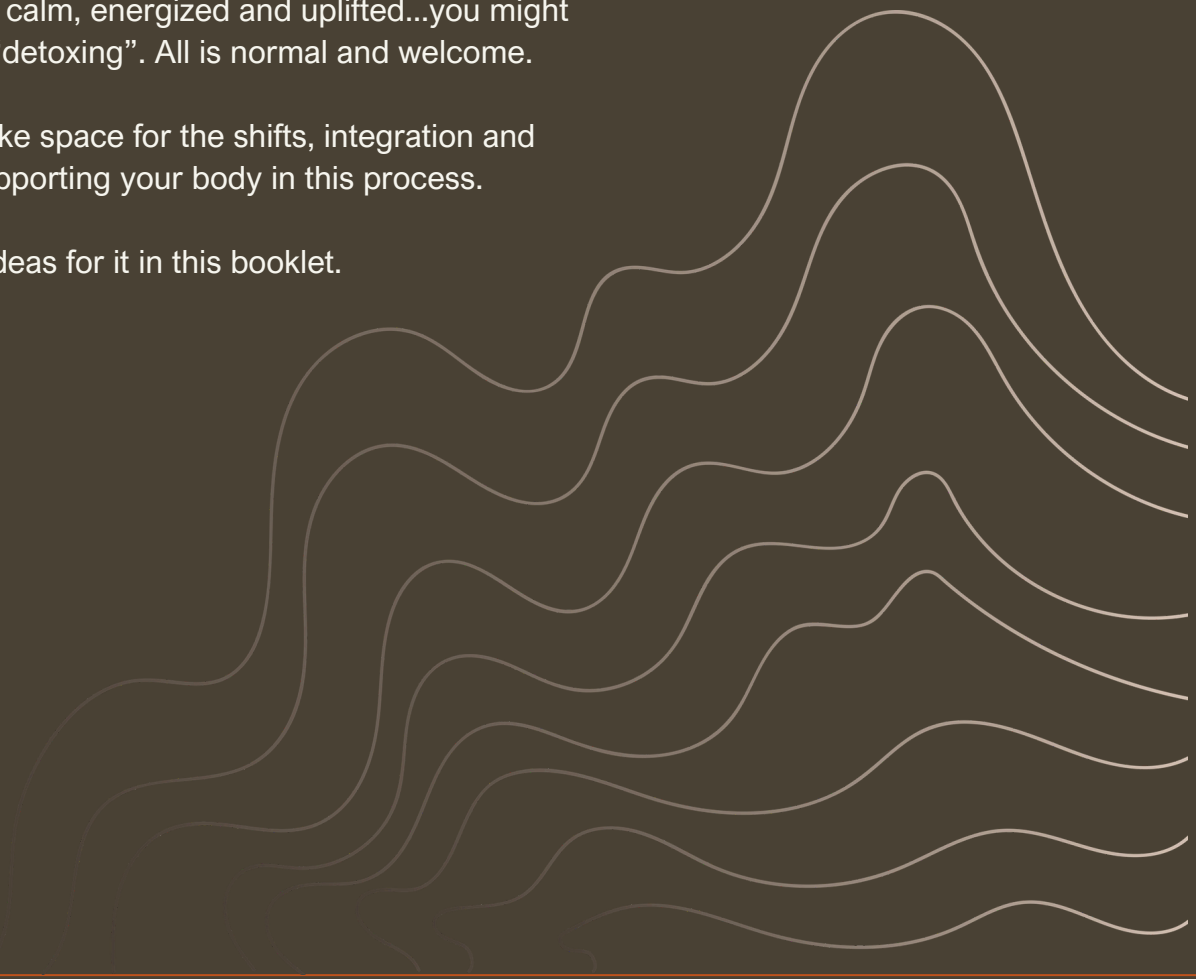
Thank you for our session! Here some some important notes I wish to share with you at this stage.

Please remember that Spinal Energetics waves can continue moving through your body for the next few days. The main integration period is up to **72h** after the session, however, it can extend for more potent sessions.

You might feel light, calm, energized and uplifted...you might also feel tired, low, “detoxing”. All is normal and welcome.

It is important to make space for the shifts, integration and grounding, while supporting your body in this process.

You will find some ideas for it in this booklet.



POST SESSION CARE

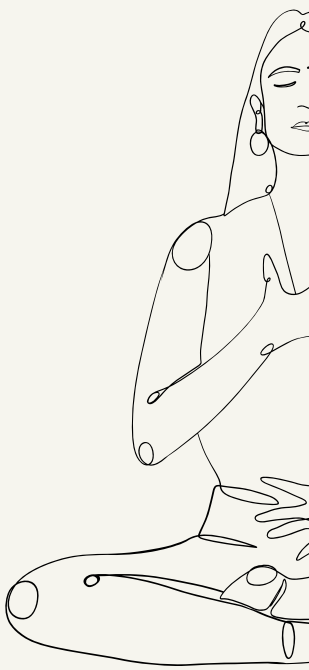
Just as there is a wide range of possible sensations during the session, so it may also vary the way you feel afterwards. It will depend on the themes and layers we worked on during the session, your general internal and emotional state, and how much space you will allow yourself for integration.

You may feel well and full of energy, you may also feel you need more rest. Sometimes, as the mind-body connection evolves and the attention is brought to the areas of the body storing tension, you might become more aware of pain or other symptoms you might have not noticed before. This usually resolves a few days after the session.

Again, there is no right or wrong here. Trust the wisdom of your body guiding you through this process.

Some practices to support yourself during this time:

- **allow yourself space to rest and relax**
- **drink lots! take care to stay well hydrated**
- **take time to reflect, journal**
- **invite gentle movement, dance, yoga**
- **spend time in nature, walk, rest, breathe**
- **have an Epsom bath to help cleanse any density**
- **be compassionate with yourself, whatever comes up**
- **try to avoid any overstimulating, loud, crowded environments**



Whatever arises, is perfectly fine and welcome. Listen and follow the needs of your body, adjusting to your energy level and inner state.

WHAT'S NEXT?

I would love to hear how the session is working for you. Please feel more than welcome to reach out, check in and give me feedback!

Also, Spinal Energetics is a modality which works best long-term. Usually our nervous and energetic systems need a couple of sessions to learn its language and gain access to deeper and deeper work.

If you feel called to continue this journey, book your follow-up visit or reach out to me for packages and long-term possibilities.

In any case, if you have any questions, or anything unexpected arises, please don't hesitate to contact me. I am here for you.

With love,

Martyna

