

Guidelines for a fuller experience with your ADJUSTMENTS/ENTRAINMENTS

Before you enter the Entrainment Room, please honor these guidelines:

1. ***Breathe ~ Use your breath and movement to release your tension!***
Your movements will facilitate your healing process and deepen your experience and learning. Honor your Innate!
2. **Wear natural fiber, comfortable, loose fitting clothes to allow full access to your spine. PLEASE AVOID WEARING** → tight pants, panty hose, starched or tight collars, jeans with pockets & thick seams, zippers on skirts that cover the sacrum. **Please bring a t-shirt or sweat pants to change into if need be.**
3. **TURN OFF cell phone before entering the office so as to not disturb others or the front office activities.** These devices have an interesting way of distracting the space, engaging the mind and reminding you of daily stresses. While you are here, relax!
4. Empty your pockets, take your "stuff" off, and leave it in a basket, **preferably outside the entrainment room!** "Stuff" includes:
 - Cell phone – Please check again to make sure it is turned "off" as to not disturb others.
 - Jewelry – Remove necklaces and dangling or large earrings.
 - Ties and Belts – Remove to allow access to the neck and lower back.
 - Remove your shoes – We recommend wearing socks so you might want to carry a clean pair with you in your car, purse or briefcase.
5. Some practice members in the room may move, breathe deeply, make sounds, cry or laugh while being entrained. This is the body releasing and redirecting its neurological energy through the emotional motor system. This is a safe place and you are welcome to do the same, it can **activate your internal rhythms and deepen the benefits of your entrainment.**
6. If the doctor positions you for a particular contact and then releases it, if you feel like moving in any way after the contact, **please do so.** This is your body calling for you to "work the area" or release tension from that area. Honor your Innate and move because **your movements will facilitate and deepen your nervous system in learning new strategies.**
7. Please place your used facecloth in the hamper as you leave the room, leaving the space clean for the next practice member.
8. As you leave, make sure you are on the schedule for your next visit. It actually will be better to take care of scheduling, payment or other business before you enter the entrainment room.
9. Feel free to **peacefully** mingle, **quietly** hang out, **meditatively** read, **respectfully** introduce yourself to others and **get lots of hugs.**
10. ***Breathe and experience your INNATE!***