



# Frequently Asked Questions Services, Sessions and Benefits

## Guided Meditation

### **What is Guided Meditation?**

Guided Meditation is a complementary technique using imagery, focused attention, mindfulness and the practice of deep breathing to transition the body from a state of stress to one of relaxation. A state of relaxation helps to provide the structure required for the body to start to heal itself. The client remains fully clothed. Shoes may be removed.

### **Is any special training required to participate in a Guided Meditation session?**

Absolutely not! Guided Meditation is suitable for all levels of experience, from the first timer to the daily practitioner. Each person will receive, what they were meant to receive from the session, usually a sense of peace and harmony.

### **Does Guided Meditation have contraindications?**

No.

### **What can be expected from a Guided Meditation session and what are the potential benefits?**

The Guided Meditation coach creates a journey through the spoken word while relaxing music is played in the background.

During the Guided Meditation, as soon as the mind begins to relax, the physical body will follow suit. When the body begins to relax, the by-products of stress reactions start to be released. Participants generally speak of feeling cool, mellow and relaxed after a session. As we are all unique, everyone will have a slightly different experience.

It normally takes 5 - 10 minutes at the end of a session for participants to adapt to the shift the session created and to resume normal activities.

It is important for participants to drink plenty of water immediately following the session and for the next few days. Water is required to both break down and to flush the by-products of stress reactions from the body.

Guided Meditation provides an **EDGE**. Meditation has been scientifically and medically linked to

- Easing stress, anxiety, depression and chronic pain
- Decreasing absenteeism and presenteeism
- Giving rise to improved relationships and productivity
- Enhancing short-term memory and the ability to focus and concentrate.

Individuals with **EDGE** are healthier, more adaptive, creative and productive.

## Workplace Group Guided Meditation Sessions

### **How many employees/volunteers are required to book a workplace group Guided Meditation session?**

Participant numbers can range from 2 to 20.

### **What is required for a workplace group Guided Meditation session?**

A private room with comfortable seating, access to a washroom and drinking water.

Participants should be able to sit comfortably in a chair for the length of the meditation (30, 45 or 60 minutes) and must be able to hear and follow verbal instructions.

The Guided Meditation coach requires 30 minutes for set-up and 15 minutes at the end of the session to pack up and leave.

### **How can an organization benefit from group Guided Meditation?**

Guided Meditation helps an organization realize its potential by realizing the potential of its most precious resource, its employees/volunteers. An organization that supports the health and well-being of its employees/volunteers has a greater chance of attracting and retaining positive, productive and resilient employees/volunteers. When employees/volunteers are supported, they are better equipped to provide their organization with a generosity of spirit by extending the respect and gratitude they receive to all they encounter. When respect and gratitude are conveyed through each and every interpersonal transaction, an organization is in a much better position to overcome any hardships or challenges it may face as it will have the support of its two most important assets, its employees/volunteers and its clients.

# Reflexology

## **What is Reflexology?**

Reflexology is not a tissue massage as a massage targets muscles and tendons. Reflexology is a complimentary technique. It is a non-invasive, hands-on technique using gentle to moderate finger pressure to stimulate reflex points on the feet and/or hands. The reflex points correspond to organs, glands and various parts of the body. Techniques include finger walking, thumb walking, sliding, and rotating and pivoting on reflex points. Stimulation of the reflex points on the feet and/or hands is said to help self-regulate the body and encourage the body to move towards balance and better function. The client remains fully dressed. Shoes and socks are removed for foot Reflexology.

## **Does Reflexology have any contraindications?**

There are contraindications for reflexology. It is important to note that the following conditions preclude the use of Reflexology: extreme swelling of extremities, phlebitis, DVT, untreated heart or blood pressure conditions, and the first trimester of pregnancy.

The presence of varicose veins requires a modified session.

In the case of ulcers, fungus, rashes, infections and severe neuropathy of the feet, hand Reflexology can be performed.

## **What can be expected from a Reflexology session and what are the potential benefits?**

During the Reflexology session, as soon as the body starts to relax, the mind will follow suit. When the body begins to relax, the by-products of stress reactions start to be released. Participants generally speak of feeling cool, mellow, relaxed, and in some cases even energized after a session. As we are unique individuals, each of us will have a slightly different experience.

It normally takes 5 - 10 minutes at the end of the session for participants to adapt to the shift the session has created and to resume normal activities.

It is important for participants to drink plenty of water immediately following the session and for the next few days. Water is required to both break down and to flush the by-products of stress reactions from the body.

The application of reflexology helps encourage the body to move toward balance and better function. Potential wellness benefits include but are not exclusive to:

- promoting relaxation and the release of tension
- increasing the flow of oxygen from the lungs
- improving blood circulation (flow/supply)
- improving digestion and digestive system performance
- stimulating lymphatic system activity (immune system)
- helping in the elimination of waste products and fluids from the body
- helping to relieve pain
- helping to unblock congestion
- helping to encourage healing
- promoting a balancing effect on hormone production
- promoting a balancing effect on the mind, body and spirit

# Reiki

## **What is Reiki?**

Reiki is a Japanese technique employed to promote relaxation which lays the foundation for self-healing. The practitioner gently places their hands in various positions on or just above the head and body of the client. Reiki is a complementary, non-invasive technique in which the practitioner is a conduit for universal energy. This universal energy is offered to the client through the hands of the practitioner. It is the client's higher self that accepts and directs the energy to help promote energetic balance, self-healing and a greater sense of well-being. The client remains fully clothed with the exception of shoes.

## **Does Reiki have contraindications?**

No.

## **What can be expected from a Reiki session and what are the potential benefits?**

During a Reiki session, as soon as the body starts to relax, the mind will follow suit. When the body starts to relax the by-products of stress reactions start to be released. Participants generally speak of feeling cool, mellow, relaxed, and in some cases even energized after a session. As we are unique individuals, each of us will have a slightly different experience.

It normally takes 5 - 10 minutes at the end of the session for participants to adapt to the shift the session has created and to resume normal activities.

It is important for participants to drink plenty of water immediately following the session and for the next few days. Water is required to both break down and to flush the by-products of stress reactions from the body.

The application of Reiki promotes a sense of deep relaxation which encourages the body to move toward balance and better function. Potential wellness benefits include but are not exclusive to:

- promoting relaxation and the release of tension
- accelerating the body's healing abilities
- helping to ease pain
- aiding in better sleep
- supporting the immune system
- removing energy blockages
- balancing the subtle energy bodies
- supporting spiritual growth and emotional balance

## **Individual Wellness Sessions at Work or at Home**

### **What is required for workplace or home-based individual Reflexology or Reiki or Guided Meditation session(s)?**

A private room with enough floor space for a reclining chair, access to washroom(s) and drinking water.

Individual participant(s) should be able to sit comfortably for the length of the session (30 or 45 or 60 minutes).

The practitioner requires 30 minutes for set-up and 15 minutes at the end of the last session to pack up and leave.

### **How many employees/volunteers are required to book workplace individual Reflexology or Reiki or Guided Meditation sessions?**

3 participants, who are available to book back to back sessions. The participants do not have to book the same type of session. Each participant is able to book the session of their choice - Reflexology or Reiki or Guided Meditation.

### **How do organizations benefit by providing time for employee/volunteer individual wellness sessions?**

Individual wellness sessions help an organization realize its potential by realizing the potential of its most precious resource, its employees/volunteers. An organization that supports the health and well-being of its employees/volunteers has a greater chance of attracting and retaining positive, productive and resilient employees/volunteers. When employees/volunteers are supported, they are better equipped to provide their organization with a generosity of spirit by extending the respect and gratitude they receive to all they encounter. When respect and gratitude are conveyed through each and every interpersonal transaction, an organization is in a much better position to overcome any hardships or challenges it may face as it will have the support of its two most important assets, its employees/volunteers and its clients.

## **Touch for Health™ and Specialized Kinesiology**

### **What is Touch for Health™ and Specialized Kinesiology?**

Touch for Health™ and Specialized Kinesiology are both non-invasive complementary techniques using muscle monitoring (bio-feedback) to detect stress or energetic imbalances within the body. These techniques are based on a model of health in which the body-mind connection seeks an innate sense of balance, but sometimes this body-mind connection needs assistance to re-establish this balance. Once stress or energetic imbalances are found, balancing procedures are applied to reduce the stress and restore balance. Balancing procedures can include but are not exclusive to the application of Acupressure, Meridian Tracing, Tuning Forks, Neurolymphatic Message and/or Reflexology.

Muscle monitoring allows the body to directly answer any questions asked of it. This technique can be used to choose a goal and then to balance the body's energy systems to the goal.

Consider this... A goal is often not realized as there is an energetic disconnect to the goal. Muscle monitoring provides a resource for energetic alignment. Muscle monitoring is an effective tool as it detects the stress towards a goal and directs the practitioner to the technique(s) to be used to clear or minimize the stress. The clearing or minimizing of the stress allows for energetic alignment towards the goal. When this alignment occurs there is a greater potential for success.

Sessions benefit the physical, emotional, mental and spiritual health and well-being of the individual. The client remains fully clothed with the exception of shoes. Socks are removed for foot Reflexology.

### **Does Touch for Health™ and Specialized Kinesiology have contraindications?**

Touch for Health™ does not have any contraindications.

If Specialized Kinesiology is to be the service provided, then there are contraindications. These contraindications are due to Reflexology being one of the possible balancing procedures.

The contraindications for Reflexology include: extreme swelling of extremities, phlebitis, DVT, untreated heart or blood pressure conditions, and the first trimester of pregnancy.

The presence of varicose veins requires a modified Reflexology session.

As both Touch for Health™ and Specialized Kinesiology require physical mobility, if physical injury, trauma, illness or disease impacts and restricts the body's mobility, a surrogate, such as a relative or friend can be used. If a surrogate is to be used, the surrogate is balanced before the session for the client begins.

### **What can be expected from a Touch for Health™ or Specialized Kinesiology session and what are the potential benefits?**

During a Touch for Health™ or Specialized Kinesiology session, sensations such as heat, cold or tingles are often felt within the body. Participants generally speak of feeling spacey, foggy or a bit tired at the end of a session. As we are unique individuals, each of us will have a slightly different experience.

It normally takes 5 - 10 minutes at the end of the session for participants to adapt to the shift the session has created and to resume normal activities.

Depending on the goal, length of session, and balancing procedures employed, a client can require a grounding procedure after the balance is complete. The grounding procedure eliminates the spacey or foggy feeling.

It is important for participants to drink plenty of water immediately following the session and for the next few days. Water is required to both break down and to flush the by-products of stress reactions from the body.

Touch for Health™ and Specialized Kinesiology are systems for balancing posture, attitude and life energy for greater comfort, vitality and enjoyment of life. Potential wellness benefits include but are not exclusive to:

- helping to restore balance to the subtle energy bodies
- helping to relieve pain
- helping to process shock and trauma
- helping to release the by-products of emotional, physical and mental stressors
- helping to align the body's energy systems to a goal
- helping you to become proactive as opposed to reactive when faced with life's daily stressors