

Quantum Energy Healing After Care Plan

~This is a sample of enhanced support I provide to you during the course of our work together. Components are added or modified to meet your individual healing needs. We will practice the stretches and breathing exercises at healing sessions so that you are well prepared to practice them on your own. ~

Name: Your Name (Presenting Complaint-lower back stiffness, endometriosis, slow digestion)

Date: 1/1/14, 1/10/14, 1/20/14, 1/30/14.

Yoga Stretches: Chair sun salutation-1 round, side twists-2 rounds . All with deep breathing.

Chair sun salutations -1 round . Standing sun salutation – 1 round.

Delete chair yoga. Do 2 rounds of standing sun salutations. Add skull shining breath to your side twists-10 exhalations while in each twist.

Breathing Exercises: 2 Rounds skull shining breath with 10 short exhalations, 8 rounds alternate nostril breathing.

Chakra Sounds to Unclog Energy: Morning routine: 20 min Chakra opening meditation with sounds and breathing after yoga stretches .You may wish to follow our recorded meditation.

Ayurveda:

Doshas-

Food- Sip warm water throughout the day. Eat your heaviest meal between 12 -3pm.Leave 1/3 stomach empty. Infuse your drinking water with "Perfect Health" intention. Drink 4 cups of Ayurvedic tea daily to stimulate your digestion.

Daily Routine- Add 10 minutes of peaceful uterus visualization meditation in the evening, preferably before dinner.

Marma Therapy- Lightly warmed sesame oil massage before morning shower. Gently massage your lower belly and the soles of your feet at night.

Other: Walk daily for 20-30 minutes.
