

Dear _____ ,

THANK YOU for saying YES to assisting me with my practicum for Certification to be a Magdalena Practitioner. I'm looking forward to our session on _____ at _____.

Prior to the session, you may have a light meal or snack but nothing too heavy, as it will divert the body's energy to digestion. Be sure to hydrate well before and after, and avoid alcohol within 24 hours of your session.

You will want to find a quiet place to lie down for about an hour. You may want to have a blanket to cover you. Often when working with energy you may experience a change in your body temperature.

I will call you 15 minutes before I begin the session to see if you have any questions. I will text you when the session is complete. You may want to make sure your phone is silenced so you can completely relax and allow yourself time to rest after the session. The session will be around 40-45 minutes.

Attached is a Client Intake form to fill out. **Please fill this out and return to me prior to the session. After the session please visit the following link to fill out a client survey.** This is how I will receive credit towards my certification.

<https://www.magdalenahealing.com/sessions/>

Great Love and Blessings to you,