

# SOWDEN HOUSE WATSU

5121 Franklin Ave, Los Angeles, CA 90027  
(Street Parking)

## Before you arrive...

- Please arrive quietly a few minutes before your session begins, and when arriving with others, please lower your voice as you enter the grounds. In most cases, you will be arriving as someone else is ending a session.
- If you are sick, including a cold or flu, or have the onset of flu symptoms, or you have any open skin conditions or wounds, please discuss with Dave 24 hours prior to your session.
- Please turn off your cell phone while on the property.
- **Buzz the front gate to the left at street side on Franklin Avenue. Dave will come down and walk you into the home.**
- Bring with you to your session a swimsuit, large towel, signed release form, two quarts of liquid to drink immediately after your session and on the way home. Your body will require immediate re-hydration. Please pay attention to your hydration following a WATSU Session. If you feel a headache within two hours following a session, increase the amount of water you are drinking.
- If you have purchased a 2 hour “WATSU Integrated” session (Life Coaching & WATSU combined) please bring with you a notebook, journal and pen.
- The home and grounds are Tobacco and Drug free. You are further asked to arrive in the state of *being* alcohol and drug free.
- Pay for your session with cash (preferred), or check payable to: “4 Elements Alchemy, LLC” If you are using any major credit card, please make payment on the “pay here” page of [www.beyondbodywork.com](http://www.beyondbodywork.com) ONE DAY BEFORE your arrive.
- Generally, it is a good idea to “go light” and not plan a lot of activity after your session, as you will be very relaxed. It is not uncommon to feel in an “altered state” up to an hour following your session. Please pay attention coming and going from the property.
- Should you have any concerns following your WATSU session, please contact Dave Towe at (760) 889-3949



## 4 Elements Alchemy, LLC

### STATEMENT TO BE READ AND SIGNED BEFORE AQUATIC SESSION BEGINS

I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects that when the body arrives at the level of relaxation possible in 96 degree warm water and its normal tension holding patterns are released, there can, occasionally, be reactions that can cause momentary discomfort.

I also understand that being held as close as is required while being floated, can bring up issues that people have about intimacy. I understand that receiving a session in any kind of bodywork always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in my session.

I understand there have been no medical claims made for this session. I will give feedback the moment anything is uncomfortable. I will let my practitioner know anytime my head, neck, and back do not feel adequately supported.

**Please discuss with your practitioner any conditions listed below before going into the water:**

- Conditions that might be affected by stretching and movement:
- Susceptibility to motion sickness:
- Expectations or concerns; can you swim? (Yes) (No). ANY negative experience in the water, such as a near drowning? (Yes) (No)

**I HAVE READ AND AGREED TO THE ABOVE STATEMENT AND AM LISTING ABOVE ANY CONDITIONS THAT MIGHT BE AFFECTED BY A SESSION.**

PRINT NAME: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE: \_\_\_\_\_ Phone: \_\_\_\_\_

PRINT EMAIL: \_\_\_\_\_