

## TIBETAN CRANIAL® SESSION - PREPARATION

On the day of your *Tibetan Cranial*® session it is best to avoid taking any incidental medications such as ibuprofen or aspirin for a temporary condition or other elective self medications (including herbs) that affect the nervous system and/or your perceptions. If on that day you can wait until after your session before ingesting them, you will derive more benefit. Check with your doctor to see if on the day of your appointment you can do without any prescription medications you may be taking.

Avoid caffeine, including chocolate, on the day before your session, if possible, and definitely on the day of your session.

Given the subtlety of the work it is advisable to minimize the use of perfume.

Onions and garlic interfere with the meditative state, so please avoid them on the day of your appointment.

Wear clothing that will allow you to be comfortable lying on an un-cushioned wooden *Tibetan Cranial*® table with your legs propped on a bolster to flatten your sacrum. Casual clothing, like sweat pants, leggings, yoga pants, athletic shorts, T-shirts, sweat shirts, or pajamas work well. But do avoid turtlenecks and hooded tops for the session.

Any metal that can come off will have to come off, including underwire, Ladies.

**DO NOT WEAR JEANS** or any clothing with embedded metal or metal zippers. You are welcome to bring a change of clothes for the session and can change here. Belt loops on the spine/sacrum are also to be avoided

Be aware that we will use lotion/cream on your neck, face, and jaw.

Tibetan Cranial® is a branch of Tibetan medicine, so think of it as preparing for a medical appointment.

**NOTE: *Tibetan Cranial* sessions are not a substitute for other forms of therapy or medical intervention.**

**Please call 505-867-9222 about 48 hours (2 days) after your session with an update, please ask for a call back if you need one and get the answer machine.**

***Please provide 24 hours cancellation notice.***

“If with kindly generosity one merely has the wish to soothe the aching heads of other beings, such merit knows no bounds. “

-The Way of The Bodhisattva by Shantideva--Excellence of Bodhichitta vs. 21

Directions, should you need them are on the website [www.atmabodhyoga.com](http://www.atmabodhyoga.com)

**Atmabodh Yoga Studio**

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