

What to Expect
Shiatsu/Integrative Bodywork
Paula Derry

Please come to sessions wearing loose-fitting clothing that allows your body to move in all directions, similar to the clothing you might wear to yoga. A long- or short-sleeved shirt, loose or stretchy long pants, and socks are best. Don't eat a big meal within an hour of your session, but don't be hungry either.

During the bodywork session, you lie on massage table or on a mat on the floor. I touch points on the pathways of chi energy and other important locations, and I gently move your limbs and other parts of your body. I also may use other hands-on techniques. Everyone has a different experience, and every session can be different. Feeling relaxed, energized, solid, clear, groggy, or tired are all common. Some people have images, memories, emotions, or thoughts. The sessions should not be painful; however, there may be discomfort or sensitivity from sore muscles, a sensitive energy pathway, or increased awareness.

Please communicate with me during the session, for example if you want a certain part of your body worked on or if you feel discomfort. Conversation is also possible to clarify, engage in problem-solving, or facilitate planning.

After a session, be sure to drink some water. You may or may not feel effects of the session for a day or two.

Please pay at the end of each session, with a check or cash. Sessions are either one hour (which includes 45-50 minutes of hands-on work); 75 minutes (which includes about 60-65 minutes of hands-on work and/or more time for talk); or 90 minutes. The first session is usually 90 minutes, so that we can discuss your background, goals, and questions before the hands-on work begins.

Please call or e-mail at least 24 hours in advance to cancel a session, or you will be expected to pay for the session.