

PREPARING FOR SESSION

Confirmation of Booking

Please check the details of your booking to ensure they are correct.

Arrive on time for your session.

Late arrivals could mean a session is unnecessarily cut short.

Relax

It is very common to feel nervous or anxious before a session. Remember you are in safe hands.

Physical contact during an in-person Session

Please be aware that your practitioner is likely to do the following during your RTT session: click their fingers, touch your forehead, head and hands. This will be carried out in a considerate and respectful manner but if you do not wish to be touched, please make your practitioner aware of this in advance.

Virtual Sessions

You will have been provided with a Zoom link for your session by your practitioner. Please click on the link a few minutes prior to your session commencing. It is very important to be set up correctly prior to your Zoom session, so please check this.

- Once your session commences there can be no interruptions - Give yourself the environment of privacy and minimise noise.
- Set your device up so that you are reclining or sitting comfortably, with your face and arms clearly visible. You need to be able to raise your arms to chest height without hitting your device.
- Set up your chair/reclining position comfortably, with a pillow/cushion to support your head, blanket if needed to be warm.
- Go to the bathroom in advance of your session.
- Have tissues at the ready in your lap.
- Phones must be set to airplane modes and notifications across all devices must be switched off. This includes Google and Amazon devices such as Amazon Alexa.
- Your device must be fully charged and if possible plugged in - it will be in video mode for two hours.
- Your internet connection must be stable - it is advisable to be situated near your router.
- If you choose to use headphones please ensure that they have a microphone.

What if internet connection is lost during your session?

If for any reason Zoom drops out during your session, you will naturally notice your practitioner has gone quiet and wake readily. Please click on the initial Zoom link again to reconnect. However, please do not reconnect if the internet session drops out during the recording (the final 15 minutes), In that case, your practitioner will call you back after complete it the Transformational recording.