**STATEMENT TO BE READ AND AGREED TO BEFORE RECEIVING A WATSU® PRACTICE SESSION FROM A WATSU® STUDENT.**

* I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects.
* That when the body at the level of relaxation possible in 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 from a student 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.
* Ideally, the kind of heart space the session will help me into, and its continuity, will help me let go whatever comes up into its flow.
* I understand there have been no medical claims made for this session.
* I will give feedback the moment anything is uncomfortable.
* I will let the student know anytime my head, neck, back, etc., do not feel adequately supported.
* I understand that when I am brought to the end of a session, I am not required to immediately give feedback.
* I understand that constructive feedback can be very valuable for a student.
* If l choose not to talk about the session I just received, I will send a note giving feedback afterwards.

For more information about the forms being practiced visit [www.watsu.com](http://www.watsu.com)

I have read and agreed to the above statement and am listing below any conditions that might be affected by a session:

Conditions that might be affected by being in warm water:

Conditions that might be affected by stretching and movement:

Psychological conditions or trauma that might be affected by being held:

Susceptibility to Motion Sickness:

Previous experiences of Aquatic Bodywork:

Expectations or concerns:

Name:…………………………………………………....Phone:……………………………

email:………………………………………….………….Address:…………………………………………

Signed Date

Add any post-session comments or evaluation below and on the reverse.