

the BODY politic
andrea caplan, b.a., c.m.t.

**How to Prepare for a Backwalking
and Thai Bodywork Session**

Each session will be an interactive experience that resembles yoga with accupressure. Each person will respond in terms of their own emotional and physical history and condition. To keep your own session within the realm of 'good hurt', I ask that you give me any pertinent information regarding your current state beforehand, as well as feedback during and after the session.

*** Dress in comfortable, loose clothing, and wear layers ***
Sweatpant outfit, or leggings and t-shirts are appropriate.

*** Clean feet ***

Please be conscious of this if you plan to remove your socks.

*** Eat lightly beforehand ***

Try not to eat a big meal within a couple of hours before your session.
Many movements will compress your abdomen.

*** Do not use oils, lotions or perfumes ***

Excessive lotion makes the skin slippery; I cannot grasp you as well to perform the stretches. I am sensitive to perfumes, and other clients may be as well.

*** Prepare enough time ***

Please arrive on time, ready to slip into the 'timed-timelessness' of this work.

*** Remove all jewelry and watches for unrestricted movement ***

*** All movements are passive ***

Try not to 'help' me with my movements; they are best done if you do not do anything. Allow yourself to relax and receive.