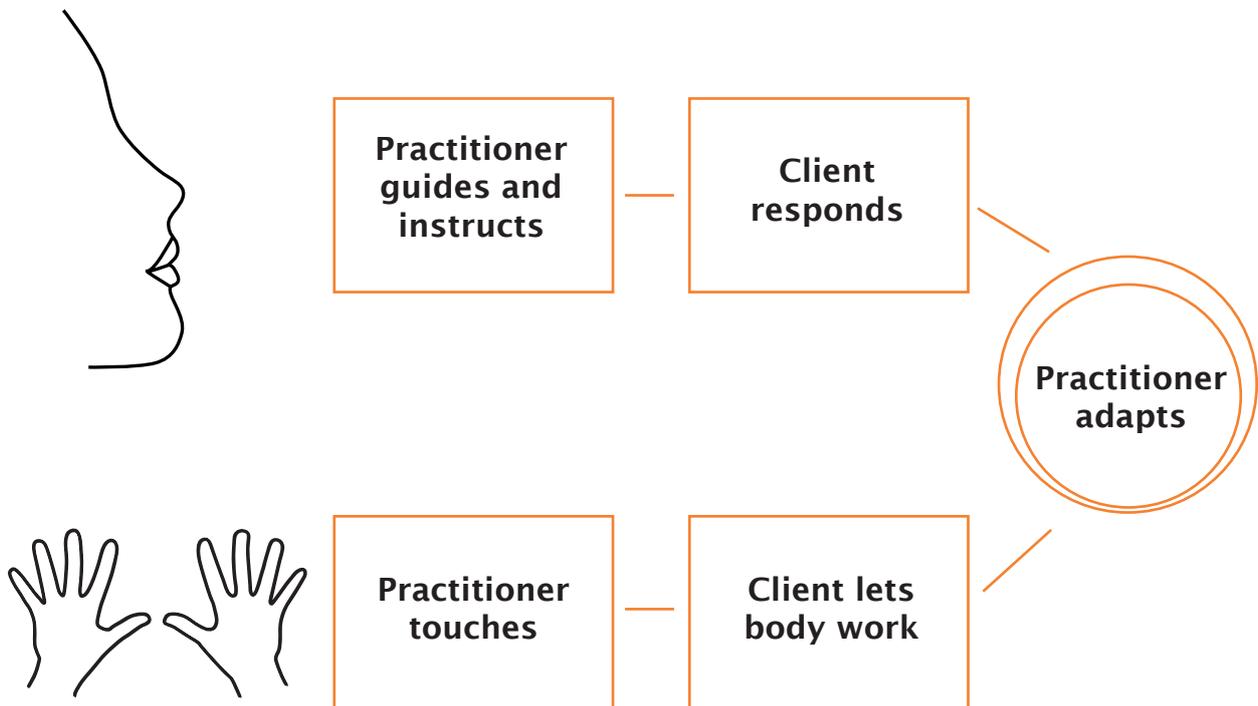


Verbal Guidance and Instructions

A systematic way to focus your client's attention, in order to achieve a state of body attention that allows the body to work

verbal guidance

You communicate with your client through the language of touch; but what you say with words is just as important. In every session, these two forms of communication support and reinforce each other. Verbal guidance and instructions direct your client's mind to join his body's experience and stay focused there. The more options you have when you speak to your client, the better you can adapt your teaching to his individual learning style and increase the effectiveness of your work.



Confirmation

Confirmation is telling your client he did what he was instructed to do, so he knows he managed to do it correctly.

Examples of confirmation:

Yes! That's how you do it.

Very good – you managed to relax your leg even more just now.

Excellent. Your body is working very well now.

That's it, just allow your body to keep working.

Encouragement

Encouragement is a way to invite a person to push beyond his normal limits by inciting him to invest more energy or attention.

- It is important when a client finds it hard or even impossible to follow your instructions.
- This is a useful tool to teach a client to let his body work.

Examples of reminders:

Relax your left shoulder just a bit more...

See if you can let out more air. Great!

Can you expand your chest while breathing even more?

Good! Now just let your body do what it wants.



Remember

Don't over-use instructions and guidance. Allow moments of silence so the client can quietly perceive his state of being.

Body Attention

The natural state of the body in which it is aware of itself and its surroundings

body attention

Body attention – the awareness of a live body in reality, attentive to the way it works and functions. To achieve this state in a way that gives results, you teach your client to develop abilities of breathing, relaxation and silence – bridges that lead his attention from the mind to the body. While teaching, you form a partnership with your client that can deepen this state of attention, stop investing energy and effort in fixed patterns and achieve well-being.

- Breathing, relaxation and silence are abilities that support each other.
- The teaching happens through the forms of touch you practice, the verbal guidance you give and the atmosphere you bring with your body attention.
- By continually emphasizing these natural abilities you teach a successful combination that leads to well-being.