

Spinal Flow Immersive Preparation & Aftercare Guide

What to Expect • How to Prepare • How to Support Your Healing

Welcome to your 2-Day Spinal Flow Healing Immersive.

This guide will help you feel informed, grounded, and supported before, during, and after your healing experience.

WHAT TO EXPECT DURING SPINAL FLOW

Spinal Flow is a gentle yet powerful healing modality that works through the spine, nervous system, and Chi (life-force energy). As your body unwinds and restores healthy flow, it may enter a detox phase — this is normal, expected, and often a sign that deep healing is occurring.

Detox may include:

- Fatigue or heaviness
- Emotional release or sensitivity
- Aches, soreness, or spinal tension
- Feeling floaty, lighter, or deeply grounded
- Tingling, heat, or waves of energy
- Temporary increase in symptoms
- Digestive changes or increased elimination
- Changes in appetite
- Physical discomfort as the spine and tissues realign

Why symptoms can feel “worse before better”

As Chi activates and long-held tension releases, the spine may shift toward healthier alignment after months or years of compensating. This can create temporary discomfort — similar to feeling sore after chiropractic adjustments, massage, or somatic release.

This detox is physical, emotional, and energetic — and typically passes within 24–72 hours as your body integrates the shifts.

HOW TO PREPARE FOR YOUR IMMERSIVE

- Eat a nourishing breakfast both days
- Avoid coffee the morning of
- Hydrate before arrival

WHAT TO WEAR (IMPORTANT)

Wear clothing that allows easy access to your spine and is comfortable to lie down in.

Wear:

- Athleisurewear
- Leggings, joggers, or sweatpants
- T-shirts, long sleeves, or sleeveless tops
- Socks
- Hair tied or clipped back

Avoid:

- Jeans or pants with belt loops
- Cargo pants or bulky pockets
- Tops with zippers
- Hoodies or collars
- Strappy or criss-cross bras

PHONE & QUIET SPACE GUIDELINES

This immersive is held in one shared open room with no separate waiting area. Phones must remain OFF during all healing and integration time. Phone use, texting, or stepping outside is not allowed except during designated breaks.

Designated Phone Breaks (Every Cycle):

- 30 minutes of healing for Client A
- 30 minutes of healing for Client B
- 15-minute shared break

During breaks, you may step outside, use your phone, make a call, get water or tea, grab a snack, or sit in quiet reflection.

WHAT WILL BE PROVIDED

- Filtered water
- Gentle herbal teas
- Fresh fruit
- Cozy blankets
- Resting area with a couch

- Eye mask
- Journal + pen
- A safe, nurturing healing environment

HOW TO SUPPORT YOURSELF AFTER DAY 1

- Hydrate deeply
- Eat a warm, grounding dinner
- Take a warm shower or bath
- Avoid overstimulation
- Avoid alcohol
- Rest early
- Journal insights

HOW TO SUPPORT YOURSELF AFTER DAY 2

- Continue hydrating + supportive meals
- Expect shifts for 24–72 hours
- Gentle movement only
- Allow emotional waves
- Limit screen time
- Allow quiet time
- Trust the process

FINAL NOTES

- You will have your own blanket and resting space
- Bring grounding items if desired
- Emotional release is normal and supported
- You are safe, guided, and held throughout your experience