

## ***Before Your Session:***

- Wear appropriate aquatic apparel. Barefoot is suggested during the session, but shoes are recommended for entering and exiting the pool.
- Clients who chill easily may choose to wear a light weight aquatic jacket when working in cooler pools.
- Arrive early. Spend 5 minutes warming up your body by walking in the pool before your session.



## ***During Your Session:***

- Tell your facilitator immediately to “Stop”, or say “less” if you feel any “bad” pain.
- Your facilitator will take you through a series of starting positions to begin each stretch.
- You will be asked to move your body however it feels it wants to with verbal cues like: ***“Move however you want to move” • “I will follow your movement”***
- You are actively involved in the stretching process as your body directs the speed and direction of each stretch.
- Your facilitator will ***assist*** and ***accentuate*** your movement to help dissolve the adhesions that are causing you pain and discomfort.
- Unrestricted movement continues for a short period of time or until a release is felt by the you and / or your facilitator.

## ***After Your Session:***

- You may feel immediate and significant changes to your body, which may include increased range of motion and decreased pain.
- Be sure to drink plenty of water after your session.
- You should expect some muscle soreness, especially the 24 hours following your session. Use ice / heat or anti-inflammatories for any residual soreness as needed.

## ***Consider taking the free on-line course: Success Tips for Aquatic Clients***

<https://fortheloveoffit.thinkific.com/courses/success-tips-for-aquatic-clients>

***To book your AquaStretch™ appointment, call: 519-220-0639***

*This session is not appropriate for children (under 16 years of age), or people with unstable health conditions. Contact Connie Jasinskas if you wish to discuss your suitability to participate in this AquaStretch™ session.*