

# Watsu intake form

Kindly fill in and bring to your session.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Male/female: \_\_\_\_\_

Have you ever had a massage? \_\_\_\_\_ When? How often? \_\_\_\_\_

Have you ever had a Watsu? \_\_\_\_\_ When? How often? \_\_\_\_\_

Who/What referred you? \_\_\_\_\_

What are your intentions and/or expectations for this session? \_\_\_\_\_

Are you comfortable in water? \_\_\_\_\_ Do you swim? \_\_\_\_\_

Have you had any traumas associated with water? \_\_\_\_\_

Please list any accidents or operations: \_\_\_\_\_

Please see the list of contraindications and list any health conditions that I may need to be aware of: \_\_\_\_\_

Are you prone to motion sickness? \_\_\_\_\_

Is there any part of your body that is sensitive to having pressure applied or being stretched? \_\_\_\_\_

Are you sensitive to getting water in your ears? \_\_\_\_\_

Watsu is an intimate form of bodywork. Are you comfortable with my being close to you and holding you? \_\_\_\_\_

I may be working on Shiatsu points in your body or massaging. Do you like light/medium/firm pressure? \_\_\_\_\_

I shall be stretching your arms, legs and spine? Do you like light/medium/firm stretches? \_\_\_\_\_

Watsu sometimes evokes strong emotions or brings distant memories (positive and negative) to consciousness. Rather than suppressing or resisting painful or joyous memories, simply allow them to surface, feel them and observe them. Watsu is a relaxing and often sensuous experience. In a therapeutic session such as this, it is NOT intended to be a sexual experience. It is similar to a massage that is done in water. (Some people have sexual thoughts, feeling or fantasies during a Watsu. Simply allow, feel and observe them. Do not act on them)

This is your Watsu. I will do everything I can to make it an enjoyable, relaxing and therapeutic experience. If you are physically uncomfortable at any time, let me know so I can adjust your position. You are free to move to make yourself more comfortable at any time. If you want to stop the session for any reason, let me know.

Watsu is a form of aquatic bodywork and makes no claim to treat medically diagnosed conditions for which one should see a physician. The undersigned assumes full responsibility for his/her health and will in no way hold the Watsu practitioner accountable for any outcome of the session

NB: Failure to cancel your appointment within 24 hours will incur the full cost of the session.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_