

Information For Your First Session

Welcome
to
The Listening Tank
Somatic Trauma Resolution and Spiritual Guidance with Ash Sroka

For Your First Session I will email or text you the office address in West Adams unless I am coming to you in which case please make sure I have all the information I need to find you!

—Please read and sign the Disclosure Form (link is below) along with any additional paperwork I have sent you and bring them to your first session. You are welcome to print it out or email it to me.

—The Self-Tracking form may be very helpful once we have started working together. Don't worry if it is confusing before the session.

—Sessions usually last from 45-60 minutes at a flat rate and the length is determined by your body and the way each session unfolds; please let me know if you have a time restraint so that I can accommodate you accordingly.

—Please wear comfortable clothing and refrain from jewelry and any strong scents.

—Try to eat a little something before you come to your session so hunger isn't distracting from other sensation in the body.

—If at all possible it nice to have an easy day following our session as sometimes the body needs time to rest and re-pattern and this may make you tired. (Often times you will be extremely energized) but its nice to be able to take it easy or take a long nap if possible. If you need to return to work or have a full day post session that's ok too and know you will often get very deep and reparative sleep following our work together.

My cell is (310) 597-2975

My email is thelisteningtank@gmail.com

Feel free to contact me if you have any questions.

I'm looking forward to working together.

-Ash (STRP, The Listening Tank)