



Body Stress Release

Unlocking tension
Restoring self-healing

BSR Client Declaration

The Purpose of Body Stress release (BSR) is to assist in maintaining health.

Areas of locked in tension are located using the body as a biofeedback monitor. A gentle but precise pressure and stimulus applied by hand to these areas encourages and assists in releasing body stress. When the body releases this stress it is better able to heal and maintain itself. The BSR technique is gentle and does not use force as this could impose additional stress. It is based on the principle that healing comes from within.

The length of the time taken for the body to heal and the extent of the healing varies from person to person. It depends on how long body stress has been stored in the body and other factors. For this reason the BSR Practitioner cannot guarantee that the client's expectations will be met. After the recommended three initial sessions of BSR most people experience sufficient benefit to have an appreciation of its effectiveness. In some cases additional sessions of BSR are required for clients to feel noticeable benefits. Despite the gentleness of BSR, clients may experience temporary sensitivity of varying degrees as part of their healing process.

BSR is a non-therapeutic complimentary approach to health. It does not involve the diagnosis or treatment of any illness, condition or defect and is not a substitute for any treatment of any kind, medical or otherwise. No statement made by a BSR Practitioner should be taken to mean or imply that they have performed any service provided by any other health profession

I,..... (PRINT NAME) have read and fully understood the above statements and accept Body Stress Release under these conditions.

Signature..... Date.....

Declaration for a minor

Being the legal parent / guarding grant permission for Body Stress Release to be administered to the following minor (under 18 years) child / children

Names: 1.....2.....

Signature.....Date.....