



PANTAREI APPROACH

# Pantarei Client Consent & Information

Dear Client,

Thank you for your interest in the individual process of the Pantarei Approach!

## An overview of the Approach

Pantarei is an experiential body-based somatic approach, that uses a combination of respectful touch and verbal communication, related to the client's experience and what is felt in the client's body by the practitioner. The intention within a Pantarei Bodywork session is to invite you as a client to have a closer relationship with yourself, to strengthen your ability to go through challenges and to increase your health and well being.

We are born with the innate ability to create changes in our own life and the Pantarei Approach uses this ability to empower clients. By using the power of communication and touch to contact multiple layers of the person - physical, emotional and spiritual – Pantarei teaches you how to explore your individual talents and gifts.

Awareness of the client's body, thoughts, abilities, current situations and personal goals are key factors in each Pantarei session. Each process should help you to overcome obstacles, learn different approaches to chronic conditions, let emotions be experienced throughout these processes and to achieve better clarity of your purpose, increased vitality and improved interpersonal relationships.

Working with our body and having access to its resources, energy and strength can aid us with any struggle, challenge, or project we may have. This effective hands-on approach is useful in everyday life situations and will teach you as a client to build your individual propensity toward a fuller life experience.

## What to expect from your session

In one on one sessions, Pantarei practitioners guide the client through touch and verbal communication to help them articulate and explore each person's individual experiences and goals. The sessions usually take place on a massage table, while clients are fully clothed. As the client is encouraged to be an active partner in the session and to increase comfort and mobility, we recommend clients wear comfortable clothing to their session and avoid having a very full stomach upon arrival.

Pantarei practitioners respect the client's integrity in the way they communicate through both words and touch. One of our core values is to respect the client and create a safe environment for the learning that takes place in each session. Any kind of personal information acquired during this time is held strictly confidential.

Each individual process varies in length based on the client's goals, objectives and availability; therefore, the estimated length of any process, as well as the related fee schedule will be discussed during the first few sessions in order to create a clear expectation for the duration of the process.



## What the Pantarei Approach is and what it is not

All somatic coaching under the Pantarei Approach, is administered under the strict code of professional ethics mandated by the Approach, with the express intention of positive individual empowerment and increased overall wellbeing.

While Pantarei helps people to connect to their own strength and abilities, it is not considered a medical treatment, nor can it substitute for any kind of necessary treatment. Pantarei practitioners do not medically diagnose, nor do they treat physical or psychiatric problems. Their work does not seek to replace such professional guidance, nor does it give any healing guarantees.

If there is any sense that due to your health condition you may be unable to benefit from a personal process, please inform your practitioner about it and consult with your medical advisor to clarify this situation before starting/continuing the process.

Any medication taken prior to or during the process should be taken as instructed by your physician and any changes to medication or treatment should be considered only after consultation with your physician.

If you experience serious changes to any health condition during your one on one process, it is important to let your practitioner know about it and to check it with your physicians or medical support people.

Do you have any physical or emotional conditions that could affect the learning process or that your practitioner should be aware of? If yes, please describe.

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I certify that I have read and understood the above and wish to begin a one on one Pantarei process.

Name ..... Date of birth .....  
Email ..... Phone .....  
Signature ..... Date .....