**New Client Email Example**

Hello (Name),

Thank you for scheduling a session with me on (Date and time). I am looking forward to supporting you! We will be meeting at (add location or zoom link).

Please arrive on time and wear comfortable clothes. I recommend being well hydrated as well as bringing a bottle of water with you. For our session you will need (add items they may need or let them know they don’t need to bring anything and that you will be providing things).

Attached please find my client intake and release form, if possible, please read this, sign it and email it back to me before our session. Also, I do have a cancelation policy (state the policy). If you need to reach me (list hours and how/what mode of communication is preferred and set the expectation as to how long it takes you to reply).

Before your first appointment, think through your emotional and physical goals and what you want to accomplish through our work together. As with any healing work, be aware that you may bring up old and painful memories as we work to release them from the body.

(If you are seeing someone in person, prepare yourself for potential healing work conducted via touch.)

Whether virtual or in-person, as your somatic practitioner I will ask you questions about your history, symptoms, and goals during your first session. We only need to discuss what you are comfortable discussing. The two of us will work together to discuss what the somatic work will look like and how you will proceed. What matters most is that you are comfortable with me and that our work together is helpful.

As with all healing, somatic work may be emotionally challenging and take some time, though many people find a deeper level of healing than they could achieve through other types of care.

I look forward to supporting you along your journey!