

Welcome! This introduction to your Holistic Chiropractic session will help prepare you in what to expect and how to receive the most benefit from your experience.

If you are new to Chiropractic or thought it was only about spinal manipulation, this will be a new and different experience. The session forges yoga therapeutics and structural biomechanics with subtle, esoteric chiropractic techniques as well as state-of-the-art whole body adjustments. What emerges is a flowing, meditative bodywork experience- a healing dance.

The work is gentle, yet specific, and when needed goes appropriately deeper. It addresses the body as a whole. Muscular balance, mobility and alignment, nerve function, cranial-sacral balance, breath patterns, and subtle energy are all evaluated and finely tuned.

Dialog- this session is an opportunity for you to really “let go”. *Conversation is discouraged*, as is the mental pursuit to “understand” every part of the process. The constant tension and persistent stimulation of a mind in intellectual judgment and validation is a common block to obtaining “ease” and well-being. What is important for you to know will be shared at completion of the session.

During the session it is recommended that you be relaxed and maintain a meditative-like state, but awake and able to participate when needed. Verbal feedback, unless requested is usually not helpful and often interferes with my focus on the deeper “listening” to your body.

The goal of the session is to help establish “ease”- the necessary requisite in all healing and in being healthy and whole. Although this session is not intended as a “cure”, most people do notice improvement in the symptoms they may be experiencing, immediately or soon after the session. Often, there is increased energy, deep calm, or even euphoria. It is also possible that emotional releases of *all* types may occur from the letting go of imprinted emotional body memory. This natural and healthy “discharge” is best to simply release and just let go without deep examination.

Fear- in a new setting or with a new experience, being anxious can be natural. Some misconceptions do exist around Chiropractic and I am well aware that some people may be apprehensive. However, fear does trigger the body’s stress responses and shifts energy away from healing, making “ease” less obtainable. It is your responsibility to determine if, in this present moment, any fear you observe is based on something real and is truly serving you, or if it is limiting your progress in healing. I trust in that process and offer a safe setting to work with you, regardless.

For a small percentage of people, there can be changes that, though positive, produce some mild physical soreness. It passes quickly. This is quite similar to what might occur when you start a new exercise program, stretching or engaging your body in a way you haven’t for a while.

This work is a culmination of over twenty-seven years of study and professional experience as a holistic chiropractor, as a yoga student and teacher, and a competitive athlete.

Steven Weiss, R.Y.T., M.S., D.C.

Partial list of modalities that may be used in your session:

Applied Kinesiology	Sacro-Occipital Technique	Network Spinal Analysis
Iyengar/Anusara Yoga Therapeutics	Motion Palpatation	Spinal Adjustment
Proprioceptive Neuromuscular Facilitation	Craniopathy	Clinical Orthopedic Assessment
Meridan Therapy	Core Energy Release	Myofascial Release