



PRACTICUM GUIDELINES

The practicum portion of class will require you to demonstrate techniques & skills you've learned throughout this course to your classmates and instructors. Below are helpful suggestions to review prior to your first practicum segment.

**YOU WILL NOT GRADUATE THIS COURSE
IF PRACTICUM REQUIREMENTS ARE NOT MET**

DEMONSTRATION VOLUNTEER

☐ **Know your Times**

You will be assigned **3 practicum time slots**.

(The practicum schedule will be available after you receive your Moodle login.)

☐ **Coordinate**

A volunteer must be present for each of your assigned practicum slots. Your class volunteer(s) need to be healthy and well-bodied. *Ensure that both you and your volunteer read Biofield Tuning **Cautions & Guidance***

☐ **Have a Back up**

This is a crucial part of your training. We highly recommend having alternative volunteers or arrangements in place in the event that your primary volunteer is unable to participate.

We recommend that your Adrenal Rhythm Reset volunteer has previously received at least 1 individual or Group Audio Session

SELF PREPARATION

- ☐ View the pre-class instructional videos prior to day 1 of your training
- ☐ Review concepts of *Hollow Bone* and *Centering & Grounding*
- ☐ Remember to be well rested & hydrated prior to class

Your practice room will need to be quiet & private, with plenty of space, ample lighting & good internet connection!

PREPARING YOUR SPACE



PRACTICUM CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> A massage table or bed
<i>with 5-6ft on one side and 2-3 ft at ends</i> | <input type="checkbox"/> Water
<i>for yourself & for your volunteer</i> |
| <input type="checkbox"/> Bolster
<i>and/or pillow(s)</i> | <input type="checkbox"/> Tissues |
| <input type="checkbox"/> Sheet & blanket
<i>for your volunteer</i> | <input type="checkbox"/> A visible clock |
| <input type="checkbox"/> Furniture sliders
<i>to help move table if needed</i> | <input type="checkbox"/> A small, movable table
<i>for your tools, Anatomy Map, etc.</i> |
| <input type="checkbox"/> A chair
<i>for Seated Chair Session</i> | |

Your laptop should be easy to move and make height adjustments if needed. [A mobile laptop desk](#), rolling office chair, or small stool are recommended.

ADDITIONAL SUGGESTIONS

- ☐ **A stack of books** for camera height adjustment

TIPS & TRICKS



- ☐ **Sheets and/or screen**

Remove distracting objects to create a clutter & distraction-free environment. Don't forget to conceal reflective surfaces such as mirrors, to minimize glare!

- ☐ **Consider Color Contrast**

If your room is brightly colored, use a light-colored sheet on the table to make it stand out. If your room is dark, use a dark-colored sheet on the table.

- ☐ **Lighting**

Natural lighting is the ideal light source, but in some cases, you may need to supplement with desk or floor lamps to ensure sufficient brightness. Clear visibility of your technique is critical for maximizing the benefits of this training. Additionally, ensure that your camera and table are positioned in a way that angles the greatest source of light towards you.