



*Alder Brooke Healing Arts School of Colon Hydrotherapy*  
541-513-7894 [TaraLyn@alderbrooke.com](mailto:TaraLyn@alderbrooke.com)  
[www.alderbrooke.com](http://www.alderbrooke.com)

## **Ground Rules**

♥ Take care of yourself!

Part of what we offer here is the opportunity to experience colon therapy personally as well as professionally. Many of you have prior experience with colon hydrotherapy and this will be another opportunity to learn more about the process. As you cleanse personally with herbs and supplements enhanced with colon hydrotherapy, your awareness of what your clients go through will increase. This experiential level of learning is a very important part of your education process allowing you to really relate with your clients.

We encourage you to take time in the evening to reflect on how deeply you want to enter this healing cleansing process.

We don't encourage any fasting because the intensity of the training and its demand on mental functioning.

We encourage you to pay close attention to your body during the training. Ask for what you want. We will help to ensure all your needs, physical, mental, emotional and spiritual are met.

As colon hydrotherapists, we become role models for others. By taking good care of yourself and practicing healthy choices personally, you give others a great example. Practice that this week.

♥ Stay with the material that is being presented. We have packed this training with lots of material and lectures, so staying on track will allow us to have time to cover it all. There will be plenty of time to answer your questions. We have a lot that we want to share with you and we encourage you to add your knowledge as well. We all have wisdom and experiences to learn from, please feel free to share yours with all of us. Learning from each other is fun and can really broaden our perspectives.

♥ Write questions down and address them when appropriate.

♥ Use everything to your advancement. We can learn from every experience if we choose to. Even difficult experiences prove to provide lessons. If you find yourself in discomfort, irritable or sensitive, take the opportunity to be gentle with yourself. If you are experiencing conflict with others, be gentle and respectful; try to learn something from your experience.

♥ Maintain confidentiality. Feel free to speak about your own experience in reference to what takes place here. Do not reveal the names or processes of others here. Knowing that our experiences don't leave this room creates safety. The confidentiality of our clients is imperative.

♥ Maintain focus during clinic time. Keep "side" talking to a minimum, it is distracting and can take away from the process of the client and the student colon hydrotherapists. The client is our primary focus always.

♥ Professional attire is required for clinic time and sessions. Wear comfortable clothes with loose fitting scrubs over top. Hair should be pulled back and neat. Keep your finger nails clipped for applying hands on body work. Always wear close toe shoes during clinic time. No scented body or hair products (perfume, nail polish, lotions, aftershave). We strive to keep a chemical free space and ask that anyone entering the space respect that goal as well. Some of our clients are environmentally sensitive. Young living essential oils are the exception to the scent free request as we use them with most clients. Leave jewelry at home.

♥ Please be as considerate as possible. Clean up after yourself. Cups, plates, tissues, books and bags may be kept in the back room in an orderly way. We transition from lecture and discussion to clinic very quickly and want to maintain a professional, orderly and clean office at all times.

♥ First student therapist in clinic please check floor, bathroom, fold paper and check supplies. Make sure all cleanliness details have been taken care of for the day. Each student therapist is responsible for preparing the therapy rooms and clean up.

♥ Last student of the day can do final clean up and preparations for the next day. Please check trash, floors, bathrooms and all surface areas for debris.

♥ Opportunity to help create more ground rules will be given to all the students and teachers at the opening circle and can be added to as we go.

♥ Thank you for your respect and support in making this process comfortable and safe for all involved.

♥ Enjoy!!!