



Thank you for registering for David's upcoming session

Please be aware this is an online video session, utilizing Zoom, as David needs to see participants visually to help guide you to release and reconnect to your personal energy through a series of experiential energy exercises. Please sign up for a free Zoom account and download the application prior to your scheduled session – [click here to sign up for Zoom](#).

*****REFER TO YOUR CONFIRMATION EMAIL FOR THE ZOOM LINK *****

Please login to the workshop at least 10 minutes before the start of your scheduled session. You will be on hold in David Router Zoom Meeting room and once the meeting begins David will join all of the attendees together to start the session. Joining a group session late is not permitted as it disrupts the work of the other participants.

Guidelines:

- **Please turn off your cell phone**
- **Do not check emails, calls or social media during the session**
- Personal information shared during the session must remain confidential
- Please wear loose, comfortable clothing

Preparing for your energy work with a Lemon Bath:

A few days prior to your upcoming session or workshop with David, we recommend that you soak in a detoxifying lemon bath for about 20 minutes.

Lemon Bath Instructions:

- Cut 2 – 3 lemons into slices or chunks
- Draw a hot bath
- Drop the lemons into the bath, wait 2 minutes, then climb in and relax for about 20 minutes
- Enjoy the soothing lemon scent while the lemons detoxify your body and skin

If you have ever had anesthesia, it is particularly important that you take at least two lemon baths prior to working with David to open receptors and pathways to clear the way for the most efficient energy absorption. Should you feel any burning sensation from the lemons, simply shower and take another bath the following day.

Cancellations/late arrival policy:

All sessions are paid for in advance. Please email us at least 24 hours prior to your scheduled time if you cannot keep your appointment. Cancellations with less than 24 hours notice will not be refunded or credited.

If you have any questions or have an emergency and cannot attend, please call us at 602-317-8798.

We look forward to your session with David.