



# Freedom from Body Memory

*Awaken the Courage to Let Go of the Past*

## Body Memory Recall (BMR) Consent to Touch Form

Tension from body memory is commonly found at six locations along the midline of the body and pelvic region. With your written permission, your BMR practitioner will support you and your body to release body memory in these locations by applying *LIGHT TO DEEP TOUCH, PRESSURE AND STRETCH*.

Please familiarize yourself with these locations and their related anatomy (listed below). With respect to your boundaries and comfort mark on "X" over the body parts and areas that you **DO NOT consent** to be touched and "**CIRCLE**" the parts and areas you **DO consent** to be touched.

**Location 6:** FORHEAD & BACK OF HEAD

**Location 5:** NECK & THROAT

**Location 4:** CHEST, RIBCAGE, PEC MUSCLES, UPPER BACK

**Locations 3:** UPPER ABDOMEN, MID BACK

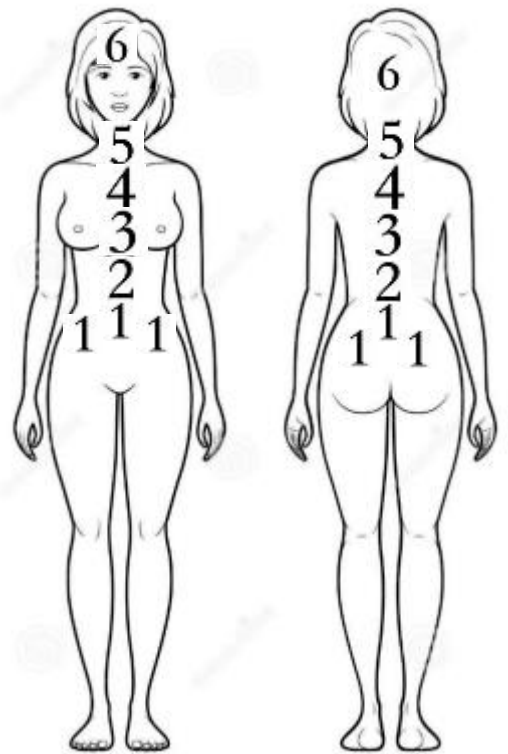
**Location 2:** MID ABDOMEN (NAVAL REGION), LOW BACK

**Location 1:** LOWER ABDOMEN, PELVIS, PUBIC REGION & GROIN, PELVIC FLOOR, BUTT (GLUTEAL MUSCLES), SACRUM & COCCYX (TAILBONE)

Consult your BMR practitioner prior to the hands-on portion of your BMR session, if you have any questions.

By signing below, I indicate that:

- I have read and understand to my satisfaction the above written explanation of the body parts and locations in which I consented to be touched.
- I have marked an "X" over the body parts and locations above that **I DO NOT CONSENT** to be touched,
- I have "**circled**" the body parts and locations, on the diagram above, that **I DO CONSENT** to be touched.
- I understand that if I decide to change my consent to touch boundaries above, I should do so in writing immediately on a new consent to touch form. Consent to touch forms are available by request from your BMR practitioner or online at: [www.freedomfrombodymemory.com](http://www.freedomfrombodymemory.com)



Signature: \_\_\_\_\_ Date(s) of Consent: \_\_\_\_\_