



Arhanta Yoga  
ASHRAMS

## Props - Clinical Hypnotherapy

During the Clinical Hypnotherapy course, you might need the following props:

### Your Room

- Clean
- Comfortable
- Temperature
- Safe
- Quiet and Undisturbed

### For You

- Professional Attire and Appearance
- Relaxed and Comfortable Attitude
- Comfortable Chair
- Water
- Breath Mints
- Scripts / Stories
- Laptop (remote)
- Microphone (remote & optional)
- Earphones (remote & optional)
- Cellphone (remote)
- Bluetooth Earpiece (remote)

### For Your Client

- Comfortable Chair (in-person)
- Massage Table (optional, in-person)
- Blanket
- Pillow
- Kleenex / Tissue for Tears
- A Quiet Space



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## **Accessories (optional)**

Background Meditation Music

Aromatherapy / Incense

Eye Pillow

Bolster for Knees (if on a massage table)

Meditative Artwork

Sound Bowls / Tuning Forks / Chimes / Rainstick, etc.

## **Paperwork**

Client Intake Form

Privacy Statement (if required, check your state)

Client Disclosure (if required, check your state)

Verification Sheet (for follow up)