

Emerald Alignment

Claire Donaldson - Holistic Therapist



Emerald Alignment Technique in Schools

The Emerald Alignment is a self-help technique for emotional regulation and protection of the energy field. It promotes peace, calmness, clarity, and focus.

The Emerald Alignment is taught as part of my holistic reflexology work to individuals but has also proven useful in the classroom, taught to classes or in smaller groups. It is a simple yet effective technique that is useful to all (adults and children).

Taught in the classroom or in smaller groups, sessions take 15-20 mins. There is an online resource teachers can continue to use with classes afterwards and other physical resources for individuals and classrooms.

Costings and Insurance

I am fully insured, hold an ico. Data Protection Certificate and am Enhanced DBS checked.

£80 (Half Day) - £150 (Full Day) depending on how many classes you want to reach. Approx. 4-6 classes can be seen in Half Day (depending on start time / breaks etc.)

To embed the Emerald Alignment Technique and for it to be understood, accepted, and have an impact I recommend 4 weeks of coming into classes (once a week) and then handing over to the online resource.

£300 (Half Day) or £550 (Full Day)

This cost is inclusive of school resources – the online resource and one physical resource (flip card) per class. Any other resources for individuals or classrooms would be charged for.

Through Claire's introduction of the 'Emerald Alignment Practice' and personalised reflexology sessions, our students have experienced many benefits. Many of our students have expressed feeling calmer after participating in these sessions. In fact, some students have shared how they use the practice to help them fall asleep, a testament to its effectiveness in promoting relaxation and reducing anxiety.

Furthermore, our staff have noticed a positive difference in students' behavior and readiness to learn after engaging in holistic therapy sessions. Students return to lessons with a renewed sense of calm, enabling them to focus and participate more effectively in their learning.

Declan Campbell (Associate Deputy Headteacher - Pioneer House High School SEND)

Pioneer House High School students talking about the Emerald Alignment Practice and Meditation.

Relaxes your body.

It makes me feel calm and it relaxes me.

It helps get my bad thoughts out of my head.

It makes me feel happy.

It is so relaxing.

I love it.

I just like them.

I feel calm afterwards.

I like them because it's quiet.

Makes me feel fresh.

