



## Samana Consulting Client Agreement

### Our Work Together

Sessions are client-led, meaning that the client is in charge of what to explore and develop as well as deciding how often to meet. Sessions are approximately 60 minutes for remote healing and approximately 2 and 1/2 hours for in-person healing. Our sessions may include guided somatic journeying, energy work, and creative exploration in service of your stated outcomes. I often recommend specific meditation, creative practices, and rest practices that you can do in between sessions. When practiced, these will support deeper, faster, and more long-lasting changes. The more you invest in these practices in between sessions, the more results you'll see. In both remote and hands-on sessions, you may experience physical and energetic shifts that will require time afterwards for integration. I highly recommend that you take the same amount of time or longer after each session for your own integration through rest, meditative, and/or creative practices. I also recommend that you do not schedule any other healing or energy work for at least three days after our sessions.

Our sessions are not psychotherapy nor physical therapy and should not be used as a substitute for legal, financial or medical services. I will not diagnose illness or disease, manipulate the muscles, bones, or fascia of the body, nor prescribe medical treatment or pharmaceuticals. If issues surface that are best supported in a medical or psychotherapeutic setting, I will refer you to another professional.

### Confidentiality

Information disclosed in sessions is confidential and will not be disclosed without written permission except in the event that there exists an imminent risk of serious harm to a person or as otherwise required by law.

### Fees, Cancellation, Rescheduling

Remote sessions are \$200 and in-person sessions are \$400, payable by cash, check, Venmo (@julieannotis), or Zelle (617-970-2855 or [julieann@samanaconsulting.com](mailto:julieann@samanaconsulting.com)), due at or before the time of the session. Cancellations must be made **at least 24 hours in advance by phone or at least 48 hours in advance by email**. Any session missed or cancelled after this time will be counted as a full session. Late arrival up to 20 minutes past appointment time is permitted, however the session will conclude at the time originally scheduled.

I agree to the terms as set forth above:

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Street / City / State / Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_ Work / Home / Cell E-mail: \_\_\_\_\_

Credit Card: \_\_\_\_\_ Exp \_\_\_\_\_ CCV \_\_\_\_\_

(Only on file for missed appointments. Regular session payment methods listed above.)

Emergency Contact: \_\_\_\_\_ Phone number: \_\_\_\_\_