

*Sara Sunstein, M.A., Registered Advanced Instructor
Ortho-Bionomy® Somatic Therapy www.sarasunstein.com
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New Client Information/Instructions

Be aware that your time with Sara is educational, and while it may result in relaxation and reduction of discomfort, it is not a substitute for medical examination, diagnosis, or treatment. Please read Sara's Disclosure form for full details.

1. Please arrive on time. Sara has reserved a specific time for you. Coming late usually results in a shortened session. If you arrive early, you'll usually have to wait, so bring a book. Do not disturb the session in process.
2. Payment in full, by cash or check, is required at time of services, unless you have made other arrangements with Sara in advance of the appointment. If using insurance (auto insurance usually reimburses; medical doesn't), payment is still required at time of services, and Sara will give you a statement to send to your insurance company to receive reimbursement.
3. Sessions are clothes-on. Wear clothing that is suitable for (passive) movement--stretchy and/or loose. And, please, do not wear jeans, even if loose, due to their rivets and location of seams.
4. No fragrances please, including essential oils and those from dryer static-reducers.
5. If possible, do not take pain-killers, drink coffee, or consume sugar before a session. Your awareness of discomfort, sensations, and changes in discomfort level are critical to the process.
6. Sessions are about 70 minutes, from when you walk in and leave. If you can allow an additional ½ hour or more for integration before you go to your next commitment, that's ideal.
7. Drink extra water after a session.
8. Integration after the session can actually continue for days, and even weeks. For the immediate 2 days following the session, be gentle with yourself. To the extent you can avoid other hands-on sessions, heavy lifting, workouts, weeding, yoga, vacuuming, etc, please do. Your body is trying to repattern, so if you do your usual (stressful) activities, your body may default to those patterns, instead of those of greater ease. Receiving other bodywork may create inner confusion or overload.
9. Walking and Epsom salt baths are usually beneficial--but only if they feel good.
10. Please call if you have any peculiar sensations, pain, or questions about your healing process. Sara is happy to speak with you after a session.
11. Realize that healing and re-education processes are highly individualized. Sara cannot predict how many sessions or weeks/months your renewal will take.
12. Cancellations, changes, missed appointments: Please provide 48 hours notice by telephone if you need to cancel an appointment (Email is not always seen every day or in a timely way). If you give Sara fewer than 48 hours notice by phone, you may send someone else in your place (let Sara know!) or pay full fee for the time reserved. Requests to change appointment time that are made fewer than 48 hours in advance may be able to be accommodated. If not, and you can't make the appointment as scheduled, then the cancellation policy stated above applies. If you forget the appointment or do not come for some other reason, you agree to pay full fee for the appointment. Sara reserves the right to waive her fee in the case of genuine emergencies.