

## Somatic Support Sessions with Sarah

### Online via Skype/Zoom

Sarah's Somatic Support Sessions are available to you in your home. The benefits of home-based sessions include:

- an environment that feels safe, comfortable and private
- an opportunity to integrate what you learn in your day-to-day environment
- access to services if you live in a remote location, do not drive or lack the services of a practitioner who weaves together Somatic Experiencing, Biodynamic Craniosacral Therapy, Continuum Movement protocols, Pre and Perinatal Attachment Facilitation and Somatic based Trauma Resolution in their sessions.

Each session is uniquely tailored to whatever issues are present as well as the interests and needs of the client, and often moves fluidly between talking and doing body centered techniques depending on what is appropriate for your situation.

Working together in this way can be just as powerful and engaging as sitting together at Somatic Sanctuary, and in many cases, a more effective way to connect. Given the advantage of meeting from the familiarity and safety your own home, you may find that working together in *this* way can enable you to open more fully to your truth and find better access to inner resources for healing and transformation.

### Booking a Session

Please call or email the office to schedule an appointment.

Phone: (805) 633-9230

Email: [Support@SomaticSanctuary.com](mailto:Support@SomaticSanctuary.com)

In your email, please include the best way to reach you. If by phone, note your time zone.

Online sessions are via free videoconference software, Skype or Zoom.

### Reciprocity

60-minutes (\$225)

90-minutes (\$303)

Payment is due at the time of your session. If you have a unique financial situation, please discuss this in advance with Sarah.

*The center does not bill medical insurance directly. Each month a statement of services will be provided. In order to maintain your confidentiality, Somatic Sanctuary has chosen not to be affiliated with any managed health organizations.*