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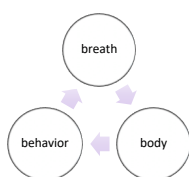
Dearest Clarity Seeker,

May this note find you in a space of forward movement, as you just took out the cork in what was blocking your flow of life. We are energetic beings with an unlimited capacity for change and movement. By reaching out for support, you are advancing into your next layer of being and I am honored to help you craft your next masterpiece.

We are all in this together!

I look forward to working with you and your family. So very much so. In order to continue on our path working together and to promote and model different types of positive + proactive behavior and tools that have worked for me, I put together this packet. Below please find my fee schedule, general information, location and suggestions to prepare. If you have any questions, feel free to reach out to me directly via phone at (805) 795-2102. If you would benefit from a quick response, text is the easiest way to get that from me.

Lovingly,  
Lauren Sartore, M.Ed + BCBA + RYT



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## **Fee Schedule for Services Rendered**

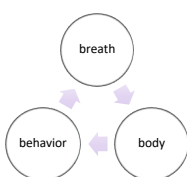
| Service  | Time                     | Rate   |
|--|--------------------------|--|
| <i>Individual</i><br>Breath + Body +<br>Behavior<br>(includes individual<br>parent or child<br>training) | 50 minutes               | \$120<br><br>Package rate of 3 or more, the<br>price of each session is \$99 |
| <i>Small Group</i><br>(2-4 participants)<br>Breath + Body +<br>Behavior                                  | 50 minutes/75<br>minutes | \$140/\$160<br><br>Multi-session discount available.                         |
| <i>Large Group</i><br>(5+ participants)<br>Breath + Body +<br>Behavior                                   | 50 minutes/75<br>minutes | \$200/\$250<br><br>Multi-session discount available.                         |

### **Blissful Bonus**

- Upon Completion of 10 sessions or projects within a 12 month time frame, I offer you a free 40 minute session. You may use this for yourself, or gift a loved one. The scope of this session can include behavior, organizational behavior, family systems, parent training, teen or young adult training, yoga, pranayama, reiki, or life coaching. Usually, all modalities are touched upon within each session.

### **Passing on the Gift of Radiance**

- I appreciate you sharing your experience working with me – only if it comes naturally to you and you are comfortable doing so. In an effort of conducting more gratitude and living karmically, If someone you connect with commits to a session with me, I apply a \$20 bonus toward you.



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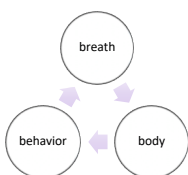
### Fine Print! 😊

- Same day cancellations/changes are subject to originally schedule rate.
- In order to reserve your preferred appointment time, sessions are best pre-booked at the end of each session. If unable to do so, I recommend scheduling by Sunday afternoon/evening when the weekly schedule is created
- Payment is sent via Venmo, Square online or cash and is expected following within 72 hours of services.
  - In some cases, such as large events, 50% payment may be required in order to hold space and time.

### How does this work?

An individual breath + body + behavior session is **tailored specifically to the participants needs**; physically, emotionally, mentally and spiritually. Some individuals may reach out specifically for yoga and deep stretching, and from there we move to explore breath work. By focusing on intentional breath and body work, behavioral awareness becomes clear. We become more **present** and **mindful**. **Ease** is the name of the game! One modality opens the door to the other. Another individual may reach out specifically looking for coaching (behavior) for themselves, a loved one – or parent training and guidance. They may need assistance in getting their business off the ground or want to obtain another goal. A behavioral approach is different than traditional cognitive behavior therapy; in our behavioral work together, we move from a place of **action** and **accountability**. We shape positive behaviors using empirically based and validated, applied behavioral analysis. Through sessions together, we incorporate breath and body work. We end with an action plan after each session. This can be a meditation homework or specific action steps, again, dependent upon our **individualized** session.

I work through one modality and advance across all three areas. The initial entry point on this path fades and becomes just part of the cycle of growth and depth of the work we do together.



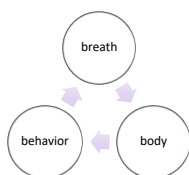
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There are layers of this type of work, as well. I provide a high level of commitment and authenticity with each client I take on. As a result of that dedication, I **only take on six to ten total clients (including corporations) per quarterly cycle.**

Depending on your needs or schedule you may also work with one of my highly-trained and well mentored **teammates**. These professionals are **highly qualified, credentialed, passionate** and **gifted** in one or all of the modalities listed and have themselves had a positive impact from creating a life of wellness. I supervise each of my team members regularly.



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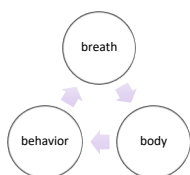
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### Things to know:

- I may take notes during our sessions. These notes are safe. I usually use my computer because it allows me to stay organized and present.
  - I am guided and overseen by two different board of ethics and standards and preserve client privacy in multi-layer fashions (e.g. I will give you a code name on any notes I take, double password protect, and only share if required to by a court! And, since I'm a yogi, I say blessings of protection and safety around all my client interactions as well. It's all good!)
- I am a mandated reporter. Should there be abuse occurring toward a minor, I will report it. This is extremely black and white, there is no grey area.
- Sometimes, homework will be assigned. I may check in on this randomly between our session visits via text or e-mail. Completing the homework will be beneficial to our progress.
- As I am a trained human behaviorist, I rely on data and science frequently. I may create data sheets to document our incredible work together or even create data sheets for your own use and reflection. I have found that being able to show my client their progress in a standardized/graph/other visual is PROFOUNDLY reinforcing and impactful. There are so many ways to take data!
- Know that I really value honest communication. If something in our sessions is not working for you, let me know. I can adjust or refer you elsewhere. Being that I am on earth to learn and grow, too, I may want a reason as to why you're leaving. This will just be for my own personal evolution.
- I am flexible, yet also guard my time. On my days off and vacations, I will not respond. I do not work before 8:30a and after 7:00pm. Any time spent on the phone that exceed 10 minutes will be billed a session rate, unless it is part of our pre-set program or homework.

### Before our session, you should:

- Begin thinking about feelings. Good ones. Feelings that you want MORE of! Please come prepared with 3-5 feelings (e.g. 'peace,' 'connection').
- Ensure your phone is on silent
- Schedule yourself at least 15 minutes post session to nourish yourself *spiritually*. This is an outrageous act of self care. Sometimes, it can mean allowing fifteen minutes of rest. Or, singing your favorite song in the car! Meeting up with a pal and just embracing. Fifteen minutes. Each session. Please block this time out in your schedule.
- Put on comfortable clothes. Depending on the session and what's occurring for you, we may move a LOT (jumping jacks and burpees!) We may move a LITTLE! (Sun Salutations) We may just prop you up with yoga support and focus inward (zen out!). Our sessions are guided by your current experience and behaviors of you and those around this; this is a variable we cannot always predict, but we can adjust accordingly.



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I will have a copy of this document at our first session for you to sign after I answer any questions you may have.

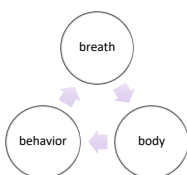
*May light and joy continue to surround you in the days leading up to our work together.*

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I fully understand the above and agree to all terms, including payment, privacy practices, my homework and our sessions.

\_\_\_\_\_ print name      \_\_\_\_\_ sign name      \_\_\_\_\_ date

Referred by: \_\_\_\_\_



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