



# Living Sanctuary

5700 Ralston Street, Suite 110 • Ventura, CA 93003 • (805) 380-3733

## POLICIES AND PROCEDURES

### Office Hours/Appointments

Appointments are available Monday through Saturday. Our online appointment scheduler <https://calendly.com/talk-with-drmyra> is available 24-hours a day. For the subsequent sessions, we agree to a specific meeting schedule and time period; however, you may want to meet more frequently or occasionally, for a longer session. This is fine, as long as we schedule in advance. If you would like to share a success or discuss a problem in between sessions, you may contact me via email ([dr.myra@mylivingsanctuary.org](mailto:dr.myra@mylivingsanctuary.org)) or leave me a voicemail message. I will respond within 24-48 hours; if more than an email or brief call is needed, we can discuss options to fully address your concern. If you are experiencing an emergency, please call 911.

### Rates

Holistic Health & Healing (also available online or by phone)

Visioning Journey	\$300.00, 90-min. session + Earth Medicine (for the spirit-soul; plants/elements)
28-Day Personal Healing Course	\$360.00, 60-min. session + 4 Coaching sessions
Ancestral Healing	\$120.00, 60-min. session
Coaching	\$65.00, 30-min. session (a la cart)

### Payment

The online appointment scheduler also will accept your payment: <https://calendly.com/talk-with-drmyra>. If you are unable to pay the fee, I will work with you to create a payment plan or qualify you for the adjusted fee (sliding fee scale). You also may be eligible for our Pay-It-Forward Program (<https://mylivingsanctuary.org/pay-it-forward>).

### Statement of Policy

My goal is to assist you in the restoration and maintenance of emotional, mental, physical, and spiritual balance as well as relaxation, stress reduction, body/self-awareness, and chronic condition/pain management. The primary modalities used are visioning journeys; ancestral healing; Earth medicine (for the spirit-soul; plants/elements); holistic health assessment, consulting, and coaching; healthy eating and lifestyle education; mind-body-spirit practices; energywork/Usui Reiki; and healthy living/work space redesign. Optimal health is a joint effort between the consultant and the client; therefore, the results cannot be guaranteed.

### Confidentiality

All information you provide, both written and verbal, will remain completely confidential, except when the client poses a serious threat to him/herself, threatens to harm an identifiable person, or if child abuse (past or present), elder abuse, or dependent adult abuse is suspected.

### Referrals

There may be situations when it is considered in your best interest to consult a physician, or other health care professional, after receiving a holistic health consultation or before/after receiving a service. In either case, I will explain why I believe the consultation is necessary.

### Appointment Changes:

If you wish to change your appointment, you may reschedule online (<https://calendly.com/talk-with-drmyra>) at least 24 hours prior to the appointment. You will receive a reminder email 24 hours before the scheduled appointment. There is no charge for cancellations received at least 24 hours in advance. For cancellations with less than a 24-hour notice, there will be a 50% fee assessed (i.e., \$65 session, \$32.50 fee). The full fee of the session will be charged for two (2) or more occurrences of a less than 24-hour notice cancellation.

### Late Arrivals

Please be on time for your appointment. If you are running late, kindly take a moment to call. If you arrive up to 15 minutes late, an attempt to accommodate your full session will be made, assuming it does not conflict with another client's appointment.

### Your Consultation, Session, and/or Service Experience

Your consultation, session, and/or service should be a comfortable and relaxing experience. The stated policies and procedures are written to encourage a mutual understanding of expectations for both the client and the consultant. If you have any questions or comments regarding the policies, please bring them to my attention.