



How to prepare for your online Introspective Hypnosis Session

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The following guidelines are here to help you feel comfortable, supported, and fully present during your session. Please review them carefully before your scheduled appointment.

Your Space and Equipment

- A laptop or desktop computer with a working camera and microphone (phones and tablets are not recommended).
- A stable internet connection.
- Zoom installed and updated.
- A USB headset with microphone (Type A or C).
- No ear buds/ No gaming headsets.
- Microphone must sit close to your mouth.
- Please test your sound and camera in advance.

If I'm unable to hear you clearly, your session may need to be rescheduled.

Your Physical Setup

- Choose a quiet, private space where you will not be interrupted.
- Ensure no one else is in the room, your session is private. We need a space that is completely safe and confidential with no interruptions.
- Camera should show your full face and upper chest.
- A slight side view is preferred.
- Keep lights on and do not use an eye mask.
- Begin the session seated upright.
- You may lie down once the hypnotic work begins.

Preparing Yourself Internally

In the days leading up to your session, insight, emotions, or memories may naturally surface. This is part of the preparation process. On the day of your session, allow yourself time to slow down. Choose a moment when you can arrive without rush, distraction, or pressure. Release expectations and allow the experience to unfold naturally.

Body Care & Readiness

- Avoid alcohol, marijuana, or recreational substances beforehand and limit your intake of caffeine the night before and the day of the session.
- Continue prescribed medications as directed by your doctor.
- Eat a light meal before your session.
- Stay hydrated- drink plenty of water. Water is a conductor for energy, and we will be moving energy during your session.



Preparation Details (Continued)

- Please use the restroom before your session begins, as sessions can last up to several hours. If you need to use the restroom at any point during the session, that is completely fine. We will simply pause, and when you return, you will ease back into the experience naturally- often finding yourself entering an even deeper state of relaxation.
- Get adequate rest- hypnosis is not sleep, and a clear mind supports focus.
- Wear comfortable, light, loose fitting that won't constrict your circulation or overheat you while you are lying under a blanket. Bring socks if you prefer to wear them during your session.
- If you wear makeup: consider that tears may make your eyeliner and mascara run.
- The day of your session do something that calms you like meditation, listen to soothing music or take a walk.

Your session will be recorded. You may use your own recording device if you wish (cell phones work well). This recording is important to the process after we meet. Sometimes there is energetic interference with the recording, so a video cannot be guaranteed because of this. The more you listen to your recording and hear yourself, the more easily the changes will stay.

Payment. Sessions are \$200. All sessions are scheduled and paid for in advance securely through Calendly at the time of booking. Major credit cards and debit cards are accepted, with payments processed through Stripe. Payment is required at the time of booking in order to reserve your session date and time. Once your payment is complete, your session will be officially confirmed, and you will receive a confirmation email along with preparation details for your session. If you prefer to use PayPal, please contact me prior to booking and I'll be happy to provide a secure payment link.

Rescheduling & Cancellation Policy:

Sessions may be rescheduled or canceled up to 96 hours' (4 days) prior to the scheduled appointment. This timeframe is required due to the time, energetic preparation, and scheduling commitment involved in each session.

Refund Policy:

*7 days or more notice: Full refund

*4-6 days notice: 50% refund

*72 hours (3 days) notice or missed sessions are non-refundable.

*No refunds are issued once a session has been conducted. Payments are subject to this refund policy.

Thank you for honoring the time, preparation, and space held for your session.

Questions? Email me: info@sabrinapetershypnosis.com

I look forward to our session together!