

Silver Spring Office & Covid-19 Related Procedures

In-Person Sessions with Shira Oz-Sinai take place at Mind in Heart Healing, The Metropolitan Building, 8720 Georgia Ave, Suite #808, Silver Spring, MD 20910.

- **Enter the building freely before 6pm on weekdays and before 4pm on Saturdays.** Info for entering the building after hours is provided in the confirmation email.
- To enter the suite's waiting area, use the code in the email confirmation. At the time of your appointment or shortly after, I'll come out to the waiting room, greet you, and let you in.
- **There is a bathroom outside the suite by the elevators.** The key to the bathroom is in the suite's waiting area.
- **I will be wearing a mask and ask that when you come in, you are wearing a mask too for the duration of your session.** (I might also be wearing a white lab coat).
- For those accustomed to hugs, please note that **I'm skipping all hugs for now** though in my heart I am embracing you always. It's different to experience a session with our faces masked and our facial expressions covered up, but the strength of our hearts shows up in connection regardless of the circumstance.
- **Instead of sheets, the massage table is covered by plastic.** It isn't as soft as fabric, but it is fairly comfortable and more importantly, **it can be easily disinfected.** There are no blankets or covers available. You are more than welcome to bring your own.
- If your session involves acupressure, I offer it without gloves. I make use of hand sanitizers and wash my hands in between sessions and as needed.
- I've received 2 Pfizer vaccinations and a booster shot. **In-person sessions are currently open to all, regardless of vaccination.**
- In order to get you in and out of the treatment room swiftly and reduce wait time in an area where others may be present, please schedule your next appointment online or via email/call. Also, **please take care of payment before the session**, whether you're paying online when you book, via the Pay button at the bottom of the confirmation email, Venmo (@ Shira-Oz-Sinai), or PayPal ([PayPal.me/ShiraOzSinai](https://www.paypal.com/US/mx/web/WebPage?_ga=2.147111111.1641111111.1641111111-1641111111.1641111111)).
- **IMPORTANT:** If you're scheduled to come in and feel any hint of a thing (we all know the list of symptoms), I ask that you notify me as soon as possible and that we exercise caution by canceling the session. **There is no charge for last minute cancellations due to potential Covid-19 symptoms.** We can always reschedule the session when Covid-19 has been ruled out and the symptoms are gone.

I'm available at shiraozsinai@gmail.com or 240-839-1661 for any questions.

Looking forward to seeing you,

Shira Oz-Sinai

(Revised Nov 28, 2022)