



## Studio Guidelines

- ❖ Please show up 5 minutes early for your session. Your lesson begins promptly at your scheduled time and finishes 60 minutes later. If you arrive late, your session will finish at the original stop time. For example, if your scheduled appointment was at 8:30am and you arrived at 8:40am, you would finish at 9:30am.
- ❖ There is a 24-hour cancellation policy. You will be charged for a full session if the cancellation is not made within that 24-hour period. Please tell me as soon as you know you may be absent. I realize that emergencies and sicknesses happen, so just let me know if that is the case. You will not be charged. Each client will receive one free pass (oops, I forgot). After that, you will be charged for any cancelled appointment not made within 24 hours.
- ❖ Please stay off the equipment unless you are guided by your instructor.
- ❖ Wear appropriate clothing – comfortable clothes you can move in. Avoid clothes that have zippers and snaps as this can damage the upholstery of the equipment. For your **postural assessment**, please wear pants that can be pulled up over the knee (or shorts) and a tank top. This will allow me to see your bony landmarks.
- ❖ Your instruction includes the use of verbal and tactile cues. Please let me know right away if I do anything makes you feel uncomfortable. Your comfort and safety are of my utmost concern.
- ❖ Listen to your body. Don't do anything that hurts. Stop. Tell me right away. We can always modify! You are responsible for your own body.
- ❖ Babies that do not crawl are more than welcome in the studio.
- ❖ Refrain from wearing perfumes and scented lotions. The studio is a small space and can be easily overpowered by smells.
- ❖ I will often use **essential oils** in a diffuser to aid in serenity and balance. If you do not want me to have the diffuser on, please let me know and I will be happy to oblige.
- ❖ There are no refunds on packages unless a doctor's note is provided. However, they can be transferred to another person.