

Sherry Brouman Yoga Therapy Financial and Cancellation Policies

* Please pay for Yoga Therapy Classes prior to class, whether as single or series classes.

* Class series have time limitations with only emergency and authorized exceptions.

* If you need to cancel a class, it is highly recommended and your responsibility to choose an alternative class for that week. Yoga therapy is a process which when interrupted becomes less effective and more vulnerable. In order to stay driven in your healing, please commit to your weekly schedule. Your yoga therapist will happily give you a short sequence for times when you are out of town.

* We require 48 hours notice for no charge, 24 hours for half charge, and less than 24 hours is charged the full amount, *unless* you re-schedule for another class within a week. Late cancels are not reimbursable by any insurance.

* When you schedule a class and don't show up, the person most affected is you. And others are also affected: your teacher, assistants, and the other students in your class. All have planned their energetic time with you in mind. Please call ahead to cancel classes.

* When you are late for a class, if not forewarned, all of us feel it. It is especially disarming if you are late and arrive noisily. Our sense is, when you are late, especially after reading this, it means you really want to be at class. Please call ahead to alert us of your timing and enter as gently and quietly as possible. You will be met with smiles.

* Please know that your strength, agility and various aches and pains will be constantly changing and require your exploration, to sustain a safe environment in your classes. One of our most important purposes is to help you to notice these shifts regularly, without becoming absorbed by them. Should your pain level increase, it is our preference that you either come to your class or sign up for a private. We rarely if ever, suggest bed-rest and instead, use movement, for returning to easy fluid movement patterns.

* You know positively if you are working with us, (Sherry Brouman, Fawntice McCain, Leslie Kazadi and our precious assistants) that we are passionate in our mission to help you return to your best energetic health. We are even more driven, by your cooperation with all of the above.

Name _____ Date _____

Yoga Therapist _____ Date _____