

Yoga Session Guidelines and Agreement

To make our sessions as productive as possible and to get the most out of our work together, please follow these guidelines:

- If you are willing, dedicate daily practice and exercise time between lessons. This will ensure maximum progress and optimize our time together.
- Let meals or snacks digest before our session. Before practicing yoga, plan on giving yourself time to digest (2 hours after a meal, 1 hour after a snack). Please hydrate adequately beforehand. You may drink water during our session as needed.
- Please wear comfortable clothes that are stretchy, but not too loose.
- Ask questions! Please inquire if there is anything you do not understand or want to learn more about.
- If there is anything in particular you want to work on, please ask. Periodically it will be helpful to review together your goals for these sessions so we are sure you are getting the most out of working together.

Terms

- Please be on time. Due to travel time and full client schedule, sessions must start and end on time.
- Please have payment available at our session.
- Carve out time for the session with no interruptions. Please turn off cell phones.
- 24 hour cancellation policy: If a session needs to be rescheduled, please do so within 24 hours of the scheduled appointment. If cancellation is made with less than 24-hours notice, the full rate of the session will be charged.
- Time is limited and sessions will be most fruitful when these guidelines are followed.

* I agree with the above guidelines and understand them.

Signed _____

Print _____

Amy M. Spencer ERYT