

## *Tensegrity Center for Yoga Therapy Financial and Cancellation Policies*

- ॐ Please pay for Yoga Therapy Classes prior to class, whether as single or series classes.
- ॐ If you need to cancel a class, it is highly recommended and your responsibility to choose an alternate class for that week. To avoid a charge, we require 24 hours notice of cancellation. Less than 24 hours is charged the full amount, *unless you re-schedule for another class within one week's time.*
- ॐ When you schedule a class and don't show up, the person most affected is you. 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.
- ॐ Yoga therapy is a process which when interrupted becomes less effective and creates more vulnerability for you. Additionally, you will find yourself even more driven in your healing practice when you practice every week. Your yoga therapist will happily give you a short sequence for times when you are out of town.
- ॐ 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. However, if you are going to be more than 15 min late, it is best to reschedule. See the cancellation notes above to avoid charges.
- ॐ Notice of cancellation or tardiness can be made by email to [sherry\\_brouman@mac.com](mailto:sherry_brouman@mac.com) or by phone at 310-446-6668.
- ॐ 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. We also have a wonderful world of referrals for you as needed.
- ॐ We would like you to know positively, if you are working with us, (Sherry Brouman 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 \_\_\_\_\_

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