

Getting the Most Out of Your Private Yoga Session:

Please plan on arriving 10 min early for your first appointment. Fill out the client information sheet and bring it with you.

Directions are at www.lifesongyoga.com under “contact us” (Google map)
From the Marysville Irving:

- **Continue North 1 km on Canada Street** towards Miramichi. (do not go over the bridge into the village of Marysville!)
- Take the **1st right** after the Irving, onto “Marysville Street” (bottom of the hill, after the orange flashing, towards the Nashwaak river)
- Take the **1st left** onto Cochrane Street (You are now between the river and Canada St going north)
- **Follow the road to my driveway at the end of Cochrane Street.** The last number you see is #22 on your right. The studio is in a long, light green ranch. Most seasons you’ll see the purple “Lifesong” sign at the driveway entrance. You’ll be parking by the studio door)
- Count on 10 min. from either bridge, more at busier times of the day.

Yoga Therapy: ancient tradition, modern solution....

Yoga is an ancient mind-body-spirit wisdom tradition that can offer us practical perspectives, and appropriate tools and techniques, to help meet your life’s challenges, as they are now. It has nothing to do with your physical condition: good, bad, or ugly! You do not have to “be in shape” in order to “do” yoga. That’s the “Vini” in Viniyoga – to start from where you are and then progress slowly, gradually, patiently toward your goals.

Think of a yoga therapist as a cross between a physiotherapist, a counsellor and a spiritual director. A yoga consultation may focus on: nutritional or lifestyle or behavioral advice, specific postures for specific purposes, referrals to other practitioners, or drawing on the yoga’s body of ancient wisdom to help us meet our modern challenges.

Before your appointment, consider making a list of what you would like me to know about you and what you would like to get out of the session That may include health and other concerns; goals for this private session; and mid to long-term personal goals.

In most cases, we will be preparing a customized yoga practice that may include postures, breath, relaxation or meditation techniques or other lifestyle changes. You will take a copy home with you – complete with stick figures and breath indications, to help you remember what we did. It is helpful to me if you have thought about **how much time you have each day for a practice, and at what time of day, in what context you will be doing your practice.** I may ask you about your work, your diet or other personal information if relevant to establishing what may be the appropriate next steps for you. It’s important to be realistic about how you are and your current life context when establishing a new pattern.

Practical Stuff: When you come...

dress comfortably: something you can move easily in with no restrictions. Bring a sweater in case you feel cool. We don’t use footwear unless you need it. There’s a washroom close by and you’re welcome to change here. **Help me to help you stay comfortable.** There’s lots of pillows, foam blocks, wedges, etc to accommodate you when sitting or lying down.

Looking forward to our session!

Kathryn Downton,
455-3811, info@lifesongyoga.com

Lifesong Yoga Private Sessions
Rates and Guidelines:

As of Jan 2010, I will be applying the following rates and guidelines.

Initial Consultation: 1 ½ hours - \$120
Subsequent appointments:
 1 hr: \$90
Payment: exact cash or cheque made out to: Kathryn Downton

I will normally book you for a 60 min appointment, unless you request a longer period of time. I will leave 15 minutes between appointments in order to allow you a comfortable space between you and the next client.

I know in the past I have been fairly loose with these guidelines (!), so in fairness to all, **I'd like to ask your help in**

- **booking the right amount of time for you** (default is 1 hr)
- **remembering your appointment starts when booked**
- **stating what's important to you "up front" (rather than remembering things you'd like to cover at the end)**, and
- **thinking about payment in advance** (for example, verifying you have cash or making out your cheque)

Cancellations: Because of other obligations, I book a limited number of private sessions per week. If you cancel at the last minute, I may have turned someone away, or a client is waiting several weeks for their appointment. This is lost time for everyone. **Please be considerate. If you need to cancel, let me know 48 hours in advance. If you cancel with less than a full working day's notice before your appointment for other than medical reasons, I will send you an invoice for the full session.**

Remember, **receipts** are available and in some instances claimable on your income tax as a health expense.

THANK YOU SO MUCH FOR YOUR HELP!

Kathryn Downton
Lifesong Yoga

Lifesong Yoga: Client Information

Your Name (first, last):

Address:

Postal Code:

Birth Date:

**Occupation
(Work)**

Phone: (Home):

E-mail address:

Emergency contact, if ever necessary

Where did you hear about Lifesong Yoga?

What (if any) previous yoga experience do you have?

Do you have, or have you had, any medical conditions, health history concerns or joint problems? Please specify.

Are you currently or have you recently consulted with a health care professional for other reason, including pregnancy? If yes, who and for what?

What would you like to get out of this session? Name several goals/interests if you like.

Acceptance of Personal Responsibility:

Depending on each participant's unique circumstances, not all movements or postures are appropriate for everyone. Each client is responsible for indicating any new or existing conditions to Kathryn Downton, judging and adapting to their own level of ability, never forcing any movement or position beyond their comfort level (no pain!) and assuming all risk associated with participation in this activity. Clients with any medical conditions or joint problems must consult their physicians before beginning this activity.

I understand and agree to the above for myself, (and/or my child), and release the Kathryn Downton and Lifesong Yoga from all and any claims for injury or damages suffered by me, (and/or my child), by reason of participation in this activity.

Accepted by:

Date: