

# 1:1 Instruction Agreement

## Yoga and Belly Dance with Flissy Saucier

email: [flissy@omchantress.com](mailto:flissy@omchantress.com) ★ phone: 443-917-1821

### What to expect from 1:1 instruction

Each one on one session will begin with a brief discussion about your goals, needs, and overall current condition. From there, we will plan how the remainder of our time together will be spent, whether it is me guiding you through a yoga practice, teaching you new techniques, giving you feedback about something in particular, etc. During our time together, you have my full attention and I will share as much of my knowledge and experience as is helpful and relevant to you and what we're working on. I commit to instruct within my scope of practice as a yoga teacher, dance teacher, and personal trainer. In the case that I am unable to help you, I will refer you to a colleague or other professional.

You should arrive to our session ready to practice wearing comfortable clothing that will be easy to move in. Please bring a yoga mat if you have one. You may also like to have water and note taking materials handy. Please turn off your cell phone while we are in session. It is your responsibility to disclose any injuries or other medical conditions that may be contraindicated to yoga or dance practice.

Either party can choose to discontinue services at any time. Sessions must be cancelled 24 hours prior to appointment or will be charged in full.

### In Person Location

I offer one on one instruction at Catonsville Counseling and Wellness, 516 North Rolling Road, Suite 305, Catonsville, MD 21228. There is ample parking and public restrooms available and is handicap accessible. Go to the 3rd floor to Suite 305 and have a seat in the waiting area, where I will meet you and escort you to our practice room. Should you wish to practice at another location, that space must have ample room for the practice including seating and space for a yoga mat, as well as removed from distractions such as noise and interruptions from others. Instruction at other locations are subject to a travel fee that starts at \$25.

### Via Skype

Make sure that you have adequate internet connection to support video streaming and a well-lit space so I can see you. I will offer the same. Should we have any technical problems, we can reschedule or, if appropriate, continue our discussion on the phone at no extra charge.

### Booking

Booking for 1:1 instruction is available quickly and easily at <http://www.omchantress.com/private-instruction>. Online booking is available at Catonsville Counseling and Wellness, or via Skype. To book via Skype, chose "We'll come to you" as the location and enter "SKYPE" in the address field. Services must be booked 24 hours in advance. You may pay in full in advance or upon arrival at our session. I am unable to offer refunds.

### Cancellations

Sessions not rescheduled or cancelled within 24 hours will be charged in full. I do not offer refunds.

## Communication

Please communicate via email unless you are late to an appointment, then please call or text (443-917-1821). I am available via email ([flissy@omchantress.com](mailto:flissy@omchantress.com)) and will respond within 48 hours to any inquiries. Clients who book ongoing sessions with me are entitled to ongoing support via email where I will answer any questions relevant to what we're working on within 48 hours. Any additional phone consultations are subject to an additional fee.

## Waiver

In any physical activity, risk of serious physical injury is possible. Yoga and other activity is no substitute for medical diagnosis and/or treatment. The client assumes the risk of yoga or other activity and releases the teacher from any liability claims. I, \_\_\_\_\_, the client, is aware of physical risks involved with exercise and understand it is my personal responsibility to consult with my doctor regarding my participation. I have no medical conditions, that I am aware of, which would prevent me from taking part in classes or private instruction, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I have read the above agreement and waiver of liability and understand its content. I agree to the terms and conditions stated above.

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Client Name: \_\_\_\_\_

Teacher: Flissy Saucier

Date: \_\_\_\_\_

Date: \_\_\_\_\_