



# Body-Mind Wellness at Healing Hands Chiropractic

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## Policies

1. Yoga at Healing Hands Chiropractic is open to students of all religions and creeds. While yoga does include a spiritual element, we believe that this dimension of the practice is very personal. We are happy to answer any questions you may have about yoga's spiritual aspects, but we will refrain from incorporating these aspects into a typical class. We will, however, sometimes discuss universal ethical principles (*yamas* and *niyamas*) as they apply to a yoga practice.
2. We understand that people practice yoga for a wide variety of reasons. We will take the time to discuss your goals with you, so that we can work together to help you achieve them.
3. As is the case with any health-promoting practice, consistency is essential in yoga. A minimum of one class per week is recommended. Although it is not required, most find it beneficial to attend the same class each week. If a regular weekly class is not possible for you, we will work with you to find a suitable arrangement. Private lessons are one option. Home practice is always encouraged.
4. Classes are available individually, or you may purchase a block of six classes at a discounted rate. You do not have to pre-register for all six classes at once, nor do you have to attend the same class each week. The package of six classes expires nine weeks from the date of purchase.
5. Yoga should never cause pain. It might, however, make you feel uncomfortable at times. Pain is your body's way of telling you something is wrong. If at any time during class you experience sharp, extreme discomfort located at a joint, you should immediately stop what you are doing and notify your instructor. A sensation of pulling or stretching in the muscles, however, is a normal part of developing flexibility.
6. Certain situations may arise in which it is necessary to modify a particular pose, or perhaps avoid the pose altogether. Examples of these situations include, but are not limited to, menstruation, injury, or illness. Please notify us if you are experiencing these or other conditions for which it may be necessary to modify your practice. Keep in mind that modifying poses when appropriate offers you a better yoga experience overall.
7. We recommend that you eat a light meal one to two hours prior to class. This time frame will provide you with the energy you need for class, but help you avoid practicing on a full stomach.
8. Classes are limited to six students. Because each class is structured according to the needs of the students attending, we require you to pre-register. If the class you wish to attend is full, you will be added to a waiting list. Therefore, we ask that you notify the office if you are unable to participate in a class for which you have pre-registered, so that someone else has the opportunity to attend. Failure to notify the office of your absence less than 24 hours prior to the start of class may result in a \$15 missed class fee.
9. A minimum of two students is required to hold class. If less than two students attend a given class, you will be given the option of a 45-minute private lesson or attending another class on our schedule. We reserve the right to remove from the schedule any class with consistently low attendance.
10. Due to the nature of yoga, it is important that you feel physically and emotionally safe in class. We strive to create an atmosphere in which you feel secure and relaxed. Likewise, if anything happens in class that causes you to feel unsafe, we ask that you notify us in a manner that is comfortable for you.