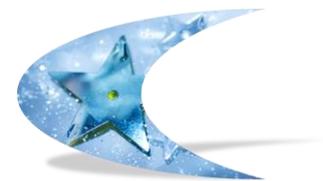


# Cambridge Yoga and Fitness

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## *Yoga for Body Breath Mind*

The following presents an outline of the services and terms and conditions of Cambridge Yoga and Fitness (CYaF), agreed between CYaF and the client

1. The aim of 1-2-1 Yoga sessions is to enable you to develop your own home practice that you will be able to carry out on a regular basis, ideally daily. You will therefore need to make a regular commitment to your practice.

The practice will be specifically tailored to your aims and goals and your individual needs and lifestyle.

2. You will be required to complete a health questionnaire to be returned to CYaF ready for a preliminary first meeting. In the questionnaire you will also be asked what you hope to achieve from Yoga.
3. The preliminary meeting will take approximately 30 minutes and is free of charge. The meeting is intended to make sure that 1-2-1 sessions are suitable for you, to answer any questions you may have and to arrange a date and time for a first consultation.
4. The first consultation will take approximately 1 ¼ hours. Time will be given to fully discuss the best approach for you and to take you through your practice to make sure you are comfortable with it. The fee for this session is £50.
5. Subsequent review lessons will take between 45 minutes to 1 hour. Review lessons are intended to give continued support, assess progress and give detailed feedback and guidance. The fee for review lessons is £45.

The first review lesson will take place 2-3 weeks after the first consultation and at intervals thereafter to be agreed.

6. The fees for all sessions are due at the time of the 1-2-1 session. Payment can be made by cheque or in cash.
7. Notification of cancellation is kindly requested at least 24 hours in advance of the appointment time to incur no charge. Late notification of cancellation incurs a charge of 50% of the session fee. No notification of cancellation, or not arriving for an appointment, incurs a charge of the full fee for the session.
8. Sessions will run from the appointed start time to the appointed finish time. Allowance for lateness or interruptions caused by you, are not provided for, although exceptional circumstances will be assessed at the discretion of CYaF. Lateness on behalf of CYaF beyond the first ten minutes entitles you to the session free of charge.
9. You are informed that a Yoga programme involves a slight risk of injury and in extreme cases death, which CYaF seeks to minimise at all times. You are asked to confirm that you undertake the programme recognising such risks.