



Private Sessions: per session rate

45-minutes	\$65
60-minutes	\$80
75-minutes	\$95
90-minutes	\$110

Additional Services

Custom Programs for Personal Use	\$35
Accountability (Text/Email/Call)	\$5/ per

Public Classes: per class rate

Single Class	\$15/ per class
--------------	-----------------

*applicable to all class lengths and formats

Payment Policies and Practices:

- Accepted payment forms: cash (preferred), check (w/ approval), MasterCard, VISA, Amex
- All purchases and sales are final. Refunds and exchanges will be considered on a case-by-case basis in the event of medical need or substantial life events/changes. Purchases of passes or packages are non-transferrable or sharable and expire after three 3 months from purchase (unless specified otherwise).
- For one-on-one sessions: Due to the one-on-one attention you receive through private sessions, I ask for 12-hour cancellation and/or reschedule notice for your appointments. Failure to give 12-hour notice, no show/no call or arrival more than 15 minutes late for your appointment will result in full payment for the session, charged to your credit card on file or invoice. Payment for failed sessions must be completed before any future sessions are completed. Your one-on-one session time is allocated for your use. If you are up to 15 minutes late, your session can be completed with late arrival and will still end as scheduled (session time will be truncated for late arrival). If you are more than 15 minutes late, your appointment will be cancelled and regular policy applies.
- For public classes and programs: Due to the small space and intimate nature of classes, please plan to arrive in time to set up and begin class at the starting time. Entrance will be restricted/denied once class has started to ensure physical safety of students and minimize disruption for the group.
- Your personal information, health history information client files and anything you may disclose to me in session are strictly confidential. I will not release this information to anyone, without your written permission. All intake and payment information is secured according to industry standards.
- Revised and effective January 1, 2019.