

# STELLAR

## INTENSIVE YOGA TRAINING

My approach to working with clients is unique in the current healthcare climate. I like to keep things simple and focused working with clients: it is only you, your home space and my yoga equipment. You will be working with me 100% of the time one on one for an hour. Upon completion of your initial evaluation we then focus on your treatments. My approach with each and every client is individualized, specific and holistic.

The cornerstones of the individual yoga training are your personal needs and requirements.

**In this 8-week intensive training program we are going work on your yoga practice twice a week (individual scheduling). We will also have a nutrition coaching and a progress review every week.**

Yoga is an ancient exercise system developed to strengthen muscles, increase flexibility, and improve overall health physically and mentally. Yoga focuses on engaging the breath with the body to create movements that involve the whole body. Every posture is performed with attention to breath, proper alignment and efficient movement patterns. Jessyca designs an individualized program to address your unique needs. She then blends numerous Yoga postures to enhance your body awareness into a positive movement experience. These sessions may include bolsters, blankets, blocks and straps and hands-on adjustments.

Each follow up session is one hour including any new history, yoga session, concluding conversation, payment and scheduling. With Jessyca you will find a compassionate coach to partner with, someone who listens, provides you with their undivided attention and creates highly customized yoga sessions each session for maximum results. Jessyca will not only guide you through each yoga program but through the many aspects of reaching your health goals.

**STELLAR INTENSIVE YOGA TRAINING** includes.

- ❖ **10 One-on-One yoga sessions at your place** (within a radius of 10 miles from DC Ranch, Scottsdale)\*
- ❖ **6 Online sessions**
- ❖ **8-Week Training Plan**
- ❖ **Weekly Progress Review**
- ❖ **Personal Coaching / Nutrition**

**\$ 650**

I look forward to working with you soon! Please don't hesitate to call with any questions or to discuss possible treatment options specifically designed for you.



**Set up your appointment call 480 – 249 52 91**

\* Additional travel expenses may be charged if your home is outside of the 10 miles radius from DC Ranch, Scottsdale

## Payment and Insurance

- ❖ Cash or Checks Accepted
- ❖ Full payment is required at time of service
- ❖ Cancellation of sessions less than 24 hours in advance or no shows will be charged in full. This will allow clients on the waiting list to be accommodated. You can expect your sessions to start and end on scheduled times.
- ❖ Gift Certificates Available

## CONSENT TO YOGA SESSION

Patient Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone:(\_\_\_\_\_)\_\_\_\_\_ Cell #(\_\_\_\_\_)\_\_\_\_\_

Date of Birth: \_\_\_\_\_; Age: \_\_\_\_\_; Sex: \_\_\_\_\_; Marital Status: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_; Phone (\_\_\_\_\_)\_\_\_\_\_

Occupation: \_\_\_\_\_ Work (\_\_\_\_\_)\_\_\_\_\_

Email: \_\_\_\_\_;Referral Source: \_\_\_\_\_

**CONSENT TO YOGA SESSION:** I hereby consent to the administration of YOGA Therapy/Yoga services as directed my Jessyca Heinen. This may include yoga hands-on adjustments, massage, therapeutic exercise, modalities and neuromuscular reeducation.

**TERMS & CONDITION:** I hereby understand that it is strongly recommend consulting with your physician before beginning any exercise program. If you are under 18, pregnant, nursing or have health problems, consult your doctor about specific medical conditions. The yoga training is not intended in any way to take the place of professional medical advice. Jessyca is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Jessyca Heinen from any and all claims or causes of action, known or unknown, arising out of Jessyca Heinen`s negligence. If you do not agree with the rules contained in this agreement, please do not use the service.

**CANCELLATION POLICY:** Cancellation of appointments less than 24 hours in advance will be charged in full. Medical Records preparation charge \$25.00 per request.

**FINANCIAL AGREEMENT:** I give consent to Jessyca Heinen for the administration of Yoga Therapy/Yoga Session. I understand that I am responsible for my bill.

**Client's Signature:** \_\_\_\_\_ **Date/Time:** \_\_\_\_\_