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PLEASE READ AND KEEP THIS INFORMATION WITH YOU

Policies

Allow 1 hr 45 minutes (first session) and 1 hr 15 minutes (each subsequent session) in your schedule.

Please be on time for your session. If you are late, we will conduct the session within the time that is left in your scheduled appointment. Please call if you are running late.

Cancellation policy: Call your practitioner directly in the event that you cannot make your appointment. You will be charged **\$80** if you miss the session without notification (no-show). If you cancel within 24-hours of the scheduled appointment, you will be charged **\$55**.

Payment is due at the conclusion of your session. Returned checks will incur a \$25 charge in addition to any bank fees.

Guidelines and Suggestions

Please come to your session hydrated, clean and ready to focus for the duration.

Refrain from wearing perfume or using lotion on the day of your session.

Wear full-coverage underwear (boxers or briefs for men, underwear and regular bra for women) or you may dress to your level of comfort. Please expect to walk in this attire.

Time your food intake to maximize the benefits of Roling: avoid coming to a session hungry or with a full stomach. It is a good idea to carry a sports bar with you in the event that the session increases your hunger.

It is helpful to leave time after a session for your body to integrate changes that have occurred in your structure; this is a good time to take a walk and explore new movements or awareness. If you jump right back into old movement patterns by engaging in strenuous activity, you may not experience the maximum benefits of the work.

When you are going through a Roling series, avoid introducing new types of exercise to your program or drastically altering the frequency of your routine. If you exercise regularly, your normal schedule is fine and will be an avenue for you keep track of the changes that occur throughout the series.

Going through a Roling series is an opportunity to cultivate awareness of your physical, psychological and sometimes spiritual process. You can do this by consciously focusing on your movement patterns while sitting, standing and walking. The more awareness you bring to your activities outside of Roling sessions, the more you will gain from them.