



Breath Coaching with Dr. Mansi

Benefits of Yoga Breathing

- Relieve stress
- Boost digestion
- Balance energy
- Improve sleep
- Find peace and focus

Why Coaching?

- Personalized, 1-on-1 training to achieve your health goals
- Learn more quickly, go deeper with personal attention & training
- Practice based on your schedule, your availability

Class Packages

- One Class \$65 (not applicable)
- 1 Month Individual Breathing Program (4 classes) \$199

HOW IT WORKS

Sessions are organized via video chat from anywhere in the world. We'll work specifically on your health goals using the best breathing practices to serve you. This is highly individualized and designed to help you get the most benefits in the least amount of time possible.

PREPARE FOR CLASS

- Turn off your phone
- Avoid caffeine or sugar immediately before session
- Schedule 30 minutes uninterrupted

HEALTH DISCLAIMER

Yoga Breathing and Breath Coaching is not intended to diagnose, cure, or treat any disease or illness. If you have an existing medical condition or injury, make sure your doctor approves of yoga breathing as a self-care practice. Your health is your responsibility, please take care and err on the side of caution.

New Client Terms & Agreement

Your Name: _____

Address: _____

City: _____ State/Province: _____ Post/Zip Code: _____

Email: _____ Tel Number: _____

(1) Do you have any medical conditions / medications I should know about?

(2) What is your primary interest in yoga breathing today?

___ stress ___ digestions ___ energy ___ sleep ___ focus ___ anxiety ___ other: _____

(3) What would you hope would be the outcome from our practice together?

TERMS & CONDITIONS - Please read and initial below.

___ **All Sales Final.** All sales are final and non-refundable for any reason. Sessions are valid for a maximum of a 2-month from time of redeeming Groupon.

___ **Class Size Limit.** Private class rates based one student. If you'd like to invite someone to join your session, please ask in advance as it may or may not be appropriate.

___ **Start/End Time.** Sessions are scheduled for 30-minute blocks. If class starts late due to student delay, or if class is interrupted by student, teacher will still need to end at scheduled time.

___ **48 Hour Cancellation / Change Policy.** Sessions can be rescheduled without penalty provided a minimum of 48 hours advanced notice is given. If less than 48 hours, then class will not be refundable or transferred.

___ **Liability Waiver.** Clients take full responsibility for their own health and any illness or injury that may occur. Students cannot and will not hold instructors or any employers or affiliates responsible in the case of accident or illness during practice.

I have read and understand the terms and conditions of breath coaching as outlined above.

Signed: _____ Date _____