

Mary Cullen Private Yoga Session Fees and Terms

Private yoga sessions are tailored to your specific needs and goals:

- Support to help you begin a yoga practice. Learn common poses, safe alignment, and tools to help you practice on your own.
- Rehabilitation following an injury or illness. Learn safe modifications for any level. Regain mobility and confidence.
- If you are already a yoga practitioner, I can help you deepen and advance your practice safely. Learn the techniques for more advanced poses.
- Cultivate healthy alignment in poses to prevent repetition injuries.
- Develop a balance of strength and flexibility throughout your body.

Approach:

- The first session is one hour and fifteen minutes in length, charged at the standard one-hour fee, so I also can assess your alignment, flexibility, core strength, and discuss your goals for our private sessions.
- Subsequent sessions build on your goals and safely develop the yoga habits you seek.
- After each session, I will email written notes reminding you what to focus on in your practice.

Fees:

- One-hour private session in my home studio - \$80
 - Three-session package in my home studio - \$200
- One-hour private session at your location. I bring props needed - \$120
 - Three-session package at your location - \$300

Terms:

I block time for your session. Out of respect for my time, I have a 24-hour cancellation policy for private sessions. Sessions canceled less than 24-hours in advance will be charged in full.

Pay via Venmo, PayPal, check, or cash.

Mary Cullen Yoga Waiver & Release Form

Name: _____ Age: _____

Address: _____

City: _____ Zip: _____

Mobile Phone: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education, and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will communicate any discomfort. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I will make the instructor aware of any medical conditions or physical limitations before a session. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Mary Cullen.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as a complete and unconditional release of all liability to the greatest extent allowed by law in the State of New Jersey.

Signature:

Date:
