



Dayna Pinkerton

YOGA THERAPY

Summary of Yoga Therapy Policies

- ☐ You are in charge of your own process.
- ☐ You set the goals in Yoga Therapy and we work together to find ways of meeting them.
- ☐ Change is challenging and it is up to you to do the work outside of the sessions to improve your life. Home practice of yoga exercises, self study or attention to behavioral modifications at work or in relationships is required for success.
- ☐ Client is encouraged to keep a journal to track their questions and experiences.
- ☐ Realistic SMART goals are set and monitored to demonstrate progress and accountability over time.
- ☐ Sessions are a mix of Yoga practices and discussion, based on need and goals.
- ☐ Your Yoga Therapist welcomes all questions and concerns.
- ☐ Sessions cancelled without 24-hours notice will be billed at full fee.
- ☐ Punctuality is required. Sessions will end at scheduled time, regardless of late arrival of the client.
- ☐ Typically, packs of 5 or 10 are needed to make progress meeting once every 1-4 weeks.
- ☐ Telephone sessions are billed at the full rate of service. If email communication becomes extensive, it will be billed in 15-minute increments. Client will be notified when phone or email time moves into billable hours.
- ☐ Touch is only appropriate within a therapeutic context.
- ☐ The yoga therapy relationship is professional and will not become a friendship or personal relationship.
- ☐ No session will proceed if the yoga therapist believes the client to be under the influence of substances.

Confidentiality is assured except: If there is reason to believe that the client is in immediate danger to him/herself or another person. If there is reason to believe that a minor, has, is, or may be in danger of neglect or abuse. If there is reason to believe a medical professional is sexually abusing a patient.