

WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM



MARCH 2019 – SPRING PROGRAM

Registration is limited. Some insurances accepted. See saratogastressreduction.com

TUESDAY NIGHT CLASS

Begins MARCH 19th Eight Tuesday nights

From 5:15 to 6:45 pm, 3/19/19 through 5/7/19

All-Day Retreat (Required): Sunday, MAY 5th, 11:00 am – 3:30 pm

SATURDAY MORNING CLASS

Begins MARCH 23rd Eight Saturday mornings

From 8:30 to 10:00 am, 3/23/19 through 5/11/19

All-Day Retreat (Required): Sunday, MAY 5th, 11:00 am – 3:30 pm

***VERY IMPORTANT REMINDER:
CLASSES & RETREAT MEET AT***

ONE BIG ROOF

CENTER FOR MINDFUL PRACTICES

538 Maple Avenue (Route 9),

Saratoga Health & Wellness Building

***(ACROSS FROM MAPLE AVE MIDDLE SCHOOL,
JUST OFF ROUTE 50)***

***Contact our office at (518) 581-3180 ext. 300 or Dr. Selma Nemer ext. 307
with any questions or for more information.***

See page 2 for frequently asked questions...

WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM

FIRST DAY OF CLASS PREPARATION / FAQ

We look forward to meeting you & having you in our class!

- Please complete your Registration Packet in advance of the program to secure your place in class. Registration forms are available online or can be mailed to you. You must pre-register. This is important, since we need to limit class size, and your non-refundable payment of \$50 with registration will reserve your space in class. \$100 is due at class 1 to receive all course materials, which you will need for home practice. Payment Balance is due at class 2. We accept cash or checks (to “SSRP”) or visit our SSRP PROGRAM PAYMENTS WEBPAGE if you wish to use PayPal or a credit card: <http://www.oneroofsaratoga.com/ssrs-program-payments/>
- **REMEMBER:** Please fill out the INSURANCE FORM in our registration packet if you wish to use your insurance for the program. Insurances we accept are listed at our website. If you have any insurance questions, please call Dr. Selma Nemer at 518-581-3180 ext 307.
- **REMEMBER:** Classes are held at One Big Roof, Center for Mindful Practices, 538 Maple Avenue, Saratoga Health & Wellness Building (across from the Maple Avenue Middle School, just off Route 50). Enter at the rear.
- There are yoga mats, blankets, meditation cushions and back-rests available at the yoga studio, however, you are welcome to bring your own to each class session if you wish. Be sure to make yourself comfortable in the studio. Don't be shy!
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and wear layers to ensure your comfort. We try to keep the room around 70 degrees. There is a restroom/changing room available at our studio if needed.
- Helpful reading: *Full Catastrophe Living* by Jon Kabat-Zinn (1990), Introduction & Chapter One. This is not at all mandatory, but can help orient you to the program.
- Call us, your instructors, with any questions and/or special scheduling concerns:
Selma Nemer (518) 581-3180 x 307 office
Pierre Zimmerman (413) 992-7012 cell
- Reminder, during winter months, for snow cancellation info, visit this webpage where we will POST ANY CANCELLATIONS OR DELAYS:
<http://www.oneroofsaratoga.com/saratoga-stress-reduction/schedule/>
Or call instructor Pierre Zimmerman *if you do not have web access*
Pierre Zimmerman (413) 992-7012
*(**Do not call Mary or Selma on snow days, as they will not be in the office)*