

WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM



SEPTEMBER 2019 – FALL PROGRAM

Registration is limited. Some insurances accepted.

Visit SaratogaStressReduction.com

TUESDAY NIGHT CLASS ONLY

Begins SEPTEMBER 24th

Eight Tuesday nights from 5:30 to 7:00 pm

9/24/18 through 11/12/18

***All-Day Retreat (Required):**

Sunday, NOVEMBER 17th, 11:00 am – 3:30 pm

***NEW CLASS LOCATION: Classes are held at
BLOOM Fitness Studio, 153 Regent Street,***

Suite 1000, Saratoga Springs.

Enter down the steps at the right.

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...

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FIRST DAY OF CLASS PREPARATION / FAQ

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

VISIT: SaratogaStressReduction.com

- 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 class size is limited.
 - **Your non-refundable payment of \$50 is due before class #1** with your Registration Form and reserves 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 any credit card:
<http://www.oneroofsaratoga.com/ssrs-program-payments/>
- **INSURANCE:** 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 on our website. If you have any insurance questions, please call Dr. Selma Nemer at 518-581-3180 ext 307.
- **NEW CLASS LOCATION:** Classes are held at **BLOOM Fitness Studio, 153 Regent Street, Suite 1000, Saratoga Springs. Enter down the steps at the right.**
- There are yoga mats 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. You may wish to bring a blanket or pillow for comfort. Don't be shy!
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and wear layers to ensure your comfort. There is a restroom/changing room available at the 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, Mon. through Thurs. mornings
Pierre Zimmerman (413) 992-7012 cell
- **FOR POSSIBLE SNOW DAYS:** 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
*(**Pls. do not call Mary or Selma on snow days, as they will not be in the office)*